

# Centennial Connection Newsletter

*A letter from Amy -*

I am hoping it is a lovely, early summer day when you are reading this note. As I write it, it's a cold, rainy, windy day at the end of May. While May started out with some hotter than normal temperatures, it's winding down on the chilly and damp side.

As usual, summer brings about more outdoor activities, parties, fests, and trips. We have several new trips planned this summer, which I am quite excited about. One is a unique chance to view the Chicago Air & Water Show practice from the water aboard the Spirit of Navy Pier cruise boat. The other is a guided tour of Chinatown which includes tastings of regional Chinese cuisine.

We also have several new classes and seminars available this summer including photography, an art program, home accessibility, and will & estate planning. As usual, registration is required, even for free programs, so that we can plan appropriately for supplies and room set ups.

I hope you take time this summer to relax and enjoy some time outdoors, soaking up the warm weather and sunshine. There are plenty of free concerts, movies, and parties in the parks to take part in not only with the Elmhurst Park District but also with the City of Elmhurst and other local organizations as well.

I hope to see you soon and I wish you a lovely summer season!



*Amy Srail*

PROGRAM SUPERVISOR

☎ (630) 993-8961

# WEEKLY ACTIVITIES AT THE KRC

## MONDAYS

10:30–11:30 am	MFS Learning Lounge** (2 <sup>nd</sup> Monday of the month)
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)*
1:30–2:15 pm	Seated Strength and Stretch*
1:30–3:30 pm	Memoir Writing*
3:30–5:30 pm	Pickleball Open Play – Beginner* (July)

## WEDNESDAYS

10 – 11:30 am	MFS Mindful Creativity Group** (select Wednesdays)
Noon–3 pm	Quilters
12:45–1:45 pm	MFS Bingocize**
4 – 5:30 pm	Pickleball Beginner* (July)
5:30–7 pm	Pickleball Advanced Beginner* (July)

## THURSDAYS

10–10:45 am	Seated Strength & Stretch*
Noon–4 pm	Duplicate Bridge
7–8 pm	Gentle Yoga*
3:30–5:30 pm	Pickleball Open Play – Beginner* (July)
5:30–7 pm	Pickleball Intermediate* (July)

## FRIDAYS

Varies	Special & Monthly Events
--------	--------------------------

# 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!



\*Pre-registration required. Additional fee may apply.

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



## EVENTS

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



### Bingo

*Ages 50 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 each month's Bingo sponsor. **Pre-registration is required.**

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

11697	F	7/11	10-11:15 am
11698	F	8/15	10-11:15 am

**BRIDGEWAY**  
Senior Living  
A Continuing Care Retirement Community

**Touching**  
**Hearts** AT HOME

### Country Western Luncheon

*Ages 50 and up*

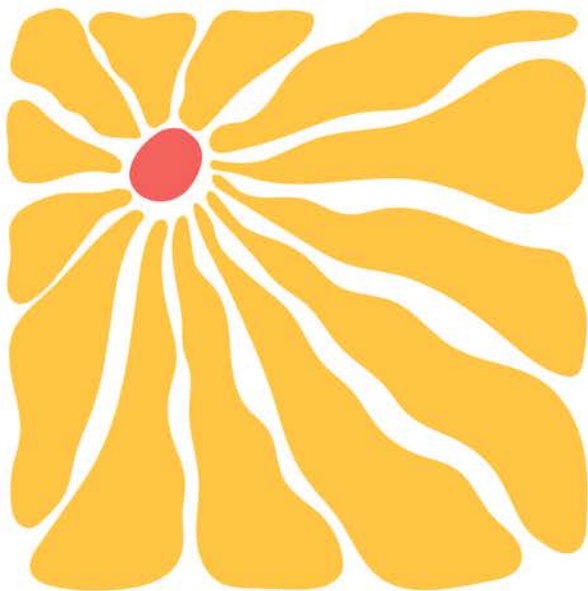
Get on your dancing boots & cowboy hats and join us for some toe-tappin' country & western music. Our catered lunch will be classic cowboy chow, and entertainment will be provided by Jack Evans. **Registration and cancellation deadline is the Friday before.**

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

11700	F	7/25	11:30 am-1:30 pm
-------	---	------	------------------

## EVENTS

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



### NEW! Nifty 50s & Sensational 60s Luncheon

*Ages 50 and up*

We're revisiting the best music from the 50s and 60s with this fun themed luncheon. In addition to great food, you'll be entertained by Maureen Christine who will be singing the hits from those decades. **Registration and cancellation deadline is the Friday before.** **Fee: \$20M/\$25NM**

11701      F      8/22      11:30 am-1:30 pm

### Ice Cream Social **FREE**

*Ages 50 and up*

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.**

11702      F      7/18      1-2 pm

**Sponsored by**





## PROGRAMS

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

### NEW! Will & Estate Planning: Your Questions Answered

FREE

*Ages 50 and up*

Did you know that 2 out of 3 adult Americans pass away each year without having things in place? Passing away without a Will or Estate Plan brings chaos and burden to loved ones. Join Jay Sutphin of Estate and Probate Legal Group as he discusses the problems created by not having your wishes documented; and what you can do to get ahead of things before chaos ensues. **Fee to attend, however, pre-registration is required.** A pizza lunch is included by the presentation sponsor. **Registration deadline is July 7.**

12350 F 7/11 11:30 am–12:30 pm

### Senior Housing 101

FREE

*Ages 50 and up*

Join Rick Graffagna of Senior Solutions to learn about available senior housing for you or a loved one. Understand the types of housing, how to pay for it, and how to find properties best suited for your needs. **Pre-registration required.**

12352 W 8/13 6–7 pm

### Memoir Writing

*Ages 50 and up*

You have stories to tell, and this class will give you the opportunity to write them. Suggested weekly topics will start your memories flowing. The instructor has been writing memoir essays for the past four 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. Previous class attendance is not necessary because each class is independent.

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

12286 Tu 6/24–7/29 1:30–3 pm

## TOUR THE MARY E. KIES RECREATION CENTER (KRC)!

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



(630) 993-8193



## COOKING CLASSES

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

### Taste of Italy

*Ages 16 and up*

Create a delicious Italian meal of an appetizer, entrée, and dessert! You and your classmates will cook and sample homemade tomato basil soup, chicken Parmesan pasta, and an Italian dessert while sipping Italian soda and listening to authentic music. **Registration deadline is one week prior to class date.**

**Fee:** \$55R/\$65NR

12462      M      7/28      6:30-8 pm



### Pizza Make, Take & Bake

*Ages 16 and up*

Join a cooking expert for an interactive and engaging experience! Create your own pizza with toppings to take and bake at home to share with family and friends. Also, in this hands-on cooking experience, you will create your very own pizza dough and enjoy homemade pizza that will be baked in class to enjoy with your classmates. Bonus – Homemade Italian dessert to enjoy in class along with Italian music and Italian Soda! **Registration deadline is one week prior to class date.**

**Fee:** \$55R/\$65NR

12463      W      8/6      6:30-8 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**



## ART

The following art programs are available for ages 18 and up (unless otherwise noted) and are open to all skill levels. Classes are held at the Kies Recreation Center, 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 techniques as they complete their own painting through step-by-step instruction and demonstration. Instructor: Beth Rush

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

#### *Beach Landscape*

12333	M	7/14	6:30-8:30 pm
-------	---	------	--------------

#### *View from Dock*

12329	W	7/23	10 am-Noon
-------	---	------	------------

#### *Pear Tree Branch*

12334	M	8/25	6:30-8:30 pm
-------	---	------	--------------

#### *Lemon Still Life*

12330	W	8/20	10 am-Noon
-------	---	------	------------

### Watercolor Workshop

Focus on techniques to boost your skills in watercolor. Different techniques will be offered each session. In the July class you will make four different Watercolor Birthday Cards. August will focus on Atmospheric Landscapes. Learn what "Atmospheric Painting" is and how to create one of your own. Instructor: Beth Rush

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

#### *Birthday Cards*

12337	M	7/25	6:30-8:30 pm
-------	---	------	--------------

#### *Atmospheric Landscapes*

12338	M	8/18	6:30-8:30 pm
-------	---	------	--------------

## ART

The following art programs are available for ages 18 and up (unless otherwise noted) and are open to all skill levels. Classes are held at the Kies Recreation Center, and pre-registration is required. All materials are provided.



### Candle Making Workshops

Participants will be guided through the steps of selecting and measuring fragrance, measuring wax, blending at the appropriate temperature, and pouring the candle into the jar. You'll then create your own unique label with various fun materials to choose from while the candle cools and solidifies. Take your candle home to enjoy that day or to give as a gift. Instructor: Ashley Hauschild

**Fee:** \$20R/\$30NR

12324      W      7/16      6-8 pm




Movie in the Park is a partnership between Elmhurst Park District and Elmhurst Public Library.

# MOVIE

# in the PARK

## MOANA 2

## FRIDAY, JULY 11



**WILDER PARK**  
**7:00 PM**  
**MOVIE BEGINS AT DUSK**  
*Free!*

SPONSORED BY



@properties





Member of Elmhurst Bank & Trust Company, N.A.  
 A WELLS FARGO COMMUNITY BANK



## ART



### 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. All supplies provided, and each participant will leave with three unique cards. Instructor: Beth Rush

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

12341      M      7/21      6:30-8:30 pm



### NEW! Collage Workshop with Donna Castellanos

*Ages 16 and up*

Join us for a collage workshop by artist Donna Castellanos, a "rescuer of once-loved things". Donna will guide participants through creating their own unique figures from a collage of illustrations. A native of Elmhurst and graduate of the American Academy of Art in Chicago, Ms. Castellanos is a painter, sculptor, designer, and former art educator and her work has been featured in the Smithsonian's Outwin touring exhibit. She has conducted multiple workshops and activities at the National Portrait Gallery, Orlando Museum of Art, and the Grand Rapids Art Museum. All supplies provided.

**Fee:** \$15R/\$20NR

12387      W      8/20      6:00-8:00 pm



# 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.



### Chair Yoga

This hour-long class is specifically designed to provide the full benefit of yoga while being carefully modified for those with osteoporosis, osteoarthritis, and back injuries. The focus of the class is 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 our brains.

**Fee:** \$57R/\$62NR

12321    M    7/14-8/25    2:30-3:30 pm

### Gentle Yoga

Take time to decompress and move your body. Taught by Starlight Yoga staff, the class will explore movement, breath, and mindfulness with gentle yoga sequences. The program will focus on the whole being with a calming practice and participants will leave feeling relaxed and nourished. Participants should bring a yoga or exercise mat to class.

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

9887	Th	4/24-5/29	7-8 pm
12384	Th	6/5-7/17	7-8 pm
			(no class July 3)



## 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.

### NEW! Seated Strength & Stretch

This class will focus on improving your strength, flexibility, and balance. Activities include seated warm-up stretches, followed by strengthening, low impact aerobic moves, core/abdominal work, and finally a stretching routine. Class will be taught by therapists from Better Stretch and is suitable for all ability levels. Please wear comfortable clothing, good supportive shoes, and bring a water bottle for hydration. **No class August 5 or 7.**

**Fee:** \$41R/\$46NR

13552	Tu	7/22-8/26	1:30-2:15 pm (no class August 5)
12904	Th	7/24-8/28	10-10:45 am (no class August 7)

Elmhurst Park District

ELMHURST PUBLIC LIBRARY

Movie in the Park is a partnership between Elmhurst Park District and Elmhurst Public Library.

**MOVIE**  
*in the* **PARK**

**WICKED**  
**FRIDAY, AUGUST 8**

SPONSORED BY

Schiller  
@prospectline CHRISTIAN

ELMHURST BANK  
A WYNDHURST COMMUNITY BANK

**WILDER PARK • 7PM • MOVIE BEGINS AT DUSK • FREE!**

## Walking Key



Minimal  
Walking



Some  
Walking



Moderate  
Walking

## TRIPS

Leave the driving to us and find your fun on one of our next trips! Travelers must be ages 21 and up to participate in trips. 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.



### NEW! Chinatown Adventure

Experience the distinct sections of New Chinatown and Old Chinatown on this guided tour, offering a unique perspective on the area's history and vibrant community. Our guide will immerse us in the rich culture and cuisine of Chicago's Chinatown. We'll visit the fascinating Chinese American Museum and enjoy a guided tour of a beautiful Buddhist Temple. We'll also indulge in two savory tastings...traditional Dim Sum and regional Chinese cuisine, followed by sweet treats from a renowned local bakery. There will be moderate walking on this tour and participants must be able to enter/exit the bus multiple times during the day. Fee includes transportation, tour, food/drink mentioned above along with gratuities at each of the restaurants, admission to the Chinese American Museum and Buddhist Temple. **Registration deadline is August 19.**

**Fee:** \$159R/\$164NR

12402    F    9/5    9:15 am – 4:15 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.



## **Mindful Creativity Group**

**Select Wednesdays  
10-11:30 am**

Mindfulness and creativity go hand in hand. This non-judgmental art making group will help participants tap into their inner creativity to reduce stress, promote brain health, and encourage creative adaptation in aging. No expertise or art making experience necessary. Give it a try and see what's possible.

## **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.



## **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.

## **Caregiver Support Group**

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

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 via Zoom**





## *July*

2 Rhonda A.  
15 Joan L.  
19 Walter B.  
19 Dottie H.  
19 Jeanne R.  
22 Ann K.  
25 Alice V.  
29 Patricia B.  
29 Bettie H.

## *August*

1 Eleanor H.  
2 Susan F.  
2 Carolyn V.  
3 Rita D.  
6 Margarete G.  
6 Judith Ann W.  
8 Camille B.  
8 Phyllis M.  
13 Elizabeth G.  
14 Regina Y.  
18 Rose Mary T.  
20 Jill H.  
21 Rosemary C.  
25 Beverly B.



PUT RETURN ADDRESS



# July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
<div> *Pre-registration required. Additional fee may apply.  Call 630-993-8193 for more information or to register. </div>		10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginner* 1:30 Memoir Writing* 3:30 Beg. Adult Pickleball Open Play*	Noon Quilters 12:45 Bingocize**	Noon Duplicate Bridge 3:30 Beg. Adult Pickleball Open Play*	Closed in Observance of Independence Day	
	6	7	8	9	10	11
	11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga*	10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginner* 1:30 Memoir Writing* 1:30 Seated Strength & Stretch* 3:30 Beg. Adult Pickleball Open Play* 5:30 PB Beginner*	Noon Quilters 12:45 Bingocize** 4 Pickleball Beginner* 5:30 Pickleball Advanced Beginner*	10 Seated Strength & Stretch* Noon Duplicate Bridge 3:30 Beg. Adult Pickleball Open Play* 5:30 PB Dev. Int.* 6 Outdoor Action Pics* 7 Gentle Yoga*	10 Bingo* 11:30 Will & Estate Planning* 7 pm Movie in the Park (Wilder Park) Moana II	12
	13	14	15	16	17	18
	Annual Garden Walk & Faire 10-4 See p12 of summer book for info.	10:30 MFS Learning Lounge** 11 Pinochle 12:30 Bingocize** 2:30 Chair Yoga* 6:30 Watercolor Painting*	10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginner* 1:30 Memoir Writing* 1:30 Seated Strength & Stretch* 3:30 Beg. Adult Pickleball Open Play* 5:30 PB Beginner*	Noon Quilters 4 Pickleball Beginner* 5:30 Pickleball Advanced Beginner* 6 Candle Making* 6 COD Sign Language*	10 Seated Strength & Stretch* Noon Duplicate Bridge 3:30 Beg. Adult Pickleball Open Play* 5:30 PB Dev. Int.* 6 Outdoor Action Pics* 7 Gentle Yoga*	1 Ice Cream Social*
19						
20	21	22	23	24	25	26
	11 Pinochle 2:30 Chair Yoga* 6:30 Card Making*	10 Quilters 1:30 Memoir Writing* 1:30 Seated Strength & Stretch* 3:30 Beg. Adult Pickleball Open Play* 5:30 PB Beginner* 6 COD Acrylic Painting*	10 Watercolor Painting* Noon Quilters 4 Pickleball Beginner* 5:30 Pickleball Advanced Beginner* 6 COD Sign Language*	10 Seated Strength & Stretch* Noon Duplicate Bridge 3:30 Beg. Adult Pickleball Open Play* 5:30 PB Dev. Int.* 6 Outdoor Action Pics* 7 Gentle Yoga*	11:30 Country Western Luncheon*	
27	28	29	30	31		
	11 Pinochle 2:30 Chair Yoga* 6:30 Watercolor Workshop* 6:30 Taste of Italy*	10 Quilters 1:30 Memoir Writing* 1:30 Seated Strength & Stretch* 3:30 Beg. Adult Pickleball Open Play* 5:30 PB Beginner*	10 Patty Waszak at White Fence Farm Trip* 10:30 MFS Mindful Creativity** Noon Quilters 4 Pickleball Beginner* 5:30 Pickleball Advanced Beginner* 6 COD Sign Language*	10 Seated Strength & Stretch* Noon Duplicate Bridge 3:30 Beg. Adult Pickleball Open Play* 5:30 PB Dev. Int.* 7 Gentle Yoga*	**Metropolitan Family Services (MFS) program. Call 331-871-5537 for more information or to register.	

# August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
<div> <p>*Pre-registration required. Additional fee may apply. Call 630-993-8193 for more information or to register.</p> </div>		<div> <p>**Metropolitan Family Services (MFS) program. Call 331-871-5537 for more information or to register.</p> </div>				
3	4	5	6	7	8	9
	11 Pinochle	10 Quilters	Noon Quilters 6:30 Pizza Make, Take & Bake Cooking Class*	Noon Duplicate Bridge 6 Digital Camera & Camera Phone Photography* 7 Gentle Yoga*	7 pm Movie in the Park (Wilder Park) Wicked	
10	11	12	13	14	15	16
	10:30 MFS Learning Lounge** 11 Pinochle 2:30 Chair Yoga*	10 Quilters 1:30 Seated Strength & Stretch** 3:30 Beg. Adult Pickleball Open Play*	10:30 MFS Mindful Creativity** Noon Quilters 3:30 Beg. Adult Pickleball Open Play* 6 Senior Housing 101	10 Seated Strength & Stretch* Noon Duplicate Bridge 6 Digital Camera & Camera Phone Photography* 7 Gentle Yoga*	9 Chicago Air & Water Show Trip* 10 Bingo*	Park Palooza Berens Park 4-8 pm
17	18	19	20	21	22	23
	11 Pinochle 2:30 Chair Yoga* 6:30 Watercolor Workshop*	10 Quilters 1:30 Seated Strength & Stretch** 3:30 Beg. Adult Pickleball Open Play* 5:30 PB Beginner*	10 Watercolor Painting Class* Noon Quilters 3:30 Beg. Adult Pickleball Open Play* 5:30 PB Adv. Beg* 6 Collage Workshop with Donna Castellanos*	10:45 Seated Strength & Stretch* Noon Duplicate Bridge 7 Gentle Yoga*	11:30 Nifty '50s & Sensational '60s Luncheon*	
24	25	26	27	28	29	30
	11 Pinochle 2:30 Chair Yoga* 6:30 Watercolor Painting Class*	10 Quilters 1:30 Seated Strength & Stretch** 3:30 Beg. Adult Pickleball Open Play* 5:30 PB Beginner*	10:30 MFS Mindful Creativity** Noon Quilters 3:30 Beg. Adult Pickleball Open Play* 5:30 PB Adv. Beg*	10:45 Seated Strength & Stretch* Noon Duplicate Bridge 7 Gentle Yoga*		
31						