

Centennial Connection Newsletter

A letter from Amy -

I hope that you had a wonderful holiday season and that your new year is off to a great start. As I'm writing this letter (on January 14th), it's hard to believe that when you're reading it, spring will be right around the corner. When I look out the window on this day in January, we've got whiteout conditions with gusty winds and blowing snow. I am definitely looking forward to warmer temperatures and longer days.

If you haven't already heard, I will be missing in action for about 8 weeks. I am having surgery on my foot (it's been a long time coming) on February 6th and will be working from home as I'll be in a cast and unable to drive, since it's my right foot. My anticipated return date back to the office is April 6th and hopefully the surgery is a success, and I'll be as good as new in a couple of months. During my absence, you will still be able to reach me via email (asrail@epd.org). You can also always call the registration number (630-993-8193) for any assistance. Tracy will be on site during events and will be the go-to person the day of Bingo, Luncheons, and some additional programs as well.

Programs and events will carry on as usual in my absence, and I'll be behind the scenes doing the prep work to make sure that you all have lots of fun things to do to help the winter months pass by quickly.

I look forward to seeing you in April and wish you all the best until then!



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
12:45–1:45 pm	FS Bingocize** (March only)
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
12:45–1:45 pm	MFS Bingocize** (March only)
2–3 pm	Cardio Kickboxing* (starting in April)
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*
7–8 pm	Gentle Yoga*

FRIDAYS

Varies	Special and 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 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. No class April 1.

Fee: \$104R/\$109NR

14768 W 2/25–4/15 7–8 pm

NEW! Snapshots in Time: 250 Years of Elmhurst History

Ages 21 and up

Join Dave Oberg, Executive Director of the Elmhurst History Museum, in celebrating America's 250th anniversary this year with a special lecture on Elmhurst history! Presented in 25-year intervals, this lecture will provide a 250-year retrospective on how the area we call Elmhurst today has changed over time. Free to attend, pre-registration required.

Fee: Free

15046 Th 3/12 6:30–7:30 pm

AARP Tax Preparation

Ages 55 and up

Tune up your driving skills and drive more safely. Seniors 55+ with clean driving records may be eligible to receive an insurance discount upon course completion. This is an eight-hour course and those registered are required to attend both days. Pre-registration is required. A \$20 fee AARP member/\$25 fee non-AARP member needs to be paid by check payable to AARP and brought to class the first day. You will also need to bring your AARP member number and DL number.

14786 ThF 4/16–4/17 9 am–1 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

14410	F	3/6	10-11:15 am
14411	F	4/10	10-11:15 am

Sponsored by



St. Patrick's Day Party

Ages 50 and up

Celebrate the joyful "wearin' o' the green"! Join us for an afternoon of lively entertainment featuring Rick Pickren, performing favorite Irish tunes and taking special requests. Enjoy a catered traditional Irish feast, festive music, and fun with friends. Don't forget to wear your green! **Registration and cancellation deadline is the Friday before the event.**

Fee: \$20M/\$25NM

14414	F	3/20	11:30 am-1:30 pm
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Sponsored by



Events

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



NEW! Pizza, Puzzles and Pie!

Ages 18 and up

We're celebrating Pi Day (3.14) a little early with a fun-filled afternoon of puzzles, games, and of course - pizza and pie! Test your brainpower with word searches, crosswords, word scrambles, trivia, and more. Some activities will be timed for a bit of friendly competition, with prizes for the winners. Join us for lunch, laughter, and lots of puzzles!

Registration deadline is March 6.

Fee: \$20R/\$25NR

14418 F 3/13 11:30 am-1 pm

Sponsored by



Festival Italiano

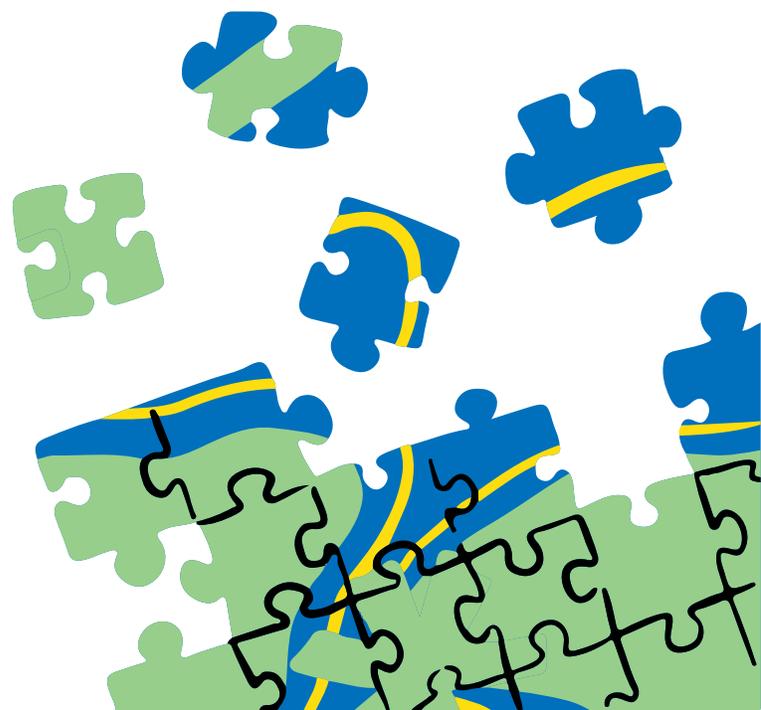
Ages 50 and up

You don't have to be Italian to enjoy this festive afternoon! We're serving up a delicious catered traditional Italian lunch and lively entertainment by Jack Miuccio. With a mix of classic Italian songs and popular favorites, Jack will have us dancing and singing along in no time. Wear a splash of red and join friends for an afternoon filled with music, food, and fun! **Registration and cancellation deadline is the Friday before the event.**

Fee: \$20R/\$25NR

14415 F 4/24 11:30 am-1:30pm

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

Coral Reef

14504 W 3/11 10 am–12 pm

Line and Wash Sheep

14510 M 3/23 6:30–8:30 pm

Blue Heron

14505 W 4/8 10 am–12 pm

Glass Bottles

14511 M 4/20 6:30–8:30 pm

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 April class you'll learn to make cards with movement. All supplies provided, and each participant will leave with three unique cards.

Fee: \$25R/\$30NR

14520 M 4/27 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

Painting with Coffee

14515 M 3/9 6:30 – 8:30 pm

Watercolor Gouache

14516 M 4/13 6:30 – 8:30 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 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.

NEW! Cardio Kickboxing

Get your heart pumping with this unique combination of cardio, boxing moves, and upbeat music. This fun class will focus on high intensity bodyweight exercises that work on heart health, agility, and rhythm. The moves can all be done seated or standing, and there will be modifications for those who struggle with balance. Get ready to punch and kick to the beat! No equipment needed. Instructor is certified in UrbanKick (cardio kickboxing), a certified personal trainer, and has been teaching group fitness for over 6 years.

Fee: \$39R/\$44NR

17560 W 4/8-5/13 2-3 pm

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

14526 M 3/2-4/6 2:30-3:30 pm

14527 M 4/13-5/18 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

14838 Th 2/19-4/16 7-8 pm

14839 Th 4/23-5/28 7-8 pm

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

14784 Th 2/26-4/2 1-2 pm

14785 Th 4/16-5/21 1-2 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.

NEW! Brain Health Basics

Ages 18 and up

Join us for this informative and practical 1-hour workshop to learn about Brain Health Basics. In this workshop the presenter will share evidence-based concepts we can adapt in our daily lifestyle that can improve brain health. The presenter will also review the Blue Zones research and Nun Study research and provide specific takeaways and realistic changes we can all make to improve our brain health. Brain health wellness workbooks will be provided for all participants. Free to attend! **Pre-registration required.**

Fee: FREE

14531 W 4/29 11 am–12 pm

NEW! Walking Wednesday

Ages 18 and up

Celebrate National Walking Day on April 1 with a refreshing walk through beautiful Wilder Park! Walking is a simple, low-impact activity that can boost your mood, improve circulation, and ease arthritis pain. We'll meet at the park and walk at our own pace—do as much or as little as you'd like. Whether it's a short stroll or a longer walk, you're welcome to move in the way that feels best for you. Transportation is not provided – please meet us at Wilder Park on the east side of the mansion. Don't forget to dress for the weather!

Fee: FREE

14419 W 4/1 10–11 am

Line Dancing

Ages 18 and up

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

14821	Tu	3/3–4/7	11:30 am–12:30 pm
14822	Tu	4/21–5/26	11:30 am–12:30 pm

Continuing Class

14826	Tu	3/3–4/7	10:30–11:30 am
12828	Tu	4/21–5/26	10:30–11:30 am

Seated Strength and 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

16928	M	3/23–4/27	10–10:45 am
14535	Tu	3/24–4/28	1–1:45 pm
14536	Th	3/26–4/30	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 90 of the EPD Winter Spring Brochure for additional important trip information.

Walking Key



Minimal
Walking



Some
Walking



Moderate
Walking

NEW! Peeps, Eats and Sweets

Spend the day enjoying art, eats, and sweets! First, marvel at the Racine Art Museum's famous Peeps exhibit, where this beloved candy takes center stage in creative and colorful displays. Afterward, enjoy a delicious lunch before heading to OandH Danish Bakery, home of the world-famous Kringle. Treat yourself to pastries and a little shopping to round out this fun, flavorful day trip! Fee includes transportation, admission to the Racine Art Museum and Peeps exhibit, lunch at Chartroom, and individual slice of Kringle at OandH Danish Bakery. Please make your lunch selection of either Chartroom's famous 4 pc. fried chicken or 2 pc. fish fry upon registration. All meals come with coleslaw, bread, fries, and non-alcoholic beverage.

Registration deadline is March 11.

Fee: \$134R/\$139NR

15023 Th 4/2 9 am–4:30 pm

NEW! South Pacific

Set in a tropical paradise with warm sea breezes, breathless sunsets and B52 Bombers, South Pacific is an uplifting musical tale that follows World War II Armed Services personnel, Ensign Nellie Forbush and Lt. Joseph Cable through spy missions, war-time drama and romance. Balancing duties to their country with their island expectations, they each find themselves irresistibly falling in love on foreign soil. But will that love translate back in the States? South Pacific is an iconic, complex and important piece of musical theater reminding us all of the importance of celebrating cultural differences and the value of people unlike ourselves. Fee includes transportation and main floor seating at Paramount Theater. **Registration deadline is April 13.**

Fee: \$59R/\$64NR

14799 W 5/6 12 – 5:30 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, 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
Through 3/23

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 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.



March

- 8 Kathy M.
- 9 Pie F.
- 19 Pamm Z.
- 28 Frances M.
- 29 Melanie P.
- 29 Marlene S.
- 30 Cheryl J.

April

- 7 Janice D.
- 17 Warren F.
- 18 Nancy M.
- 19 Evelyn F.
- 21 Patricia G.
- 21 Lucretia L.
- 22 Joyce B.
- 26 Janice M.



375 W. First Street
Elmhurst, IL 60126

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	9-12 Tax Prep* 10 Seated Strength* 11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga*	9-12 Tax Prep* 10 Quilters 10:30 Cont. Line Dance* 11:30 Beg. Line Dance* 1 Seated Strength* 1:30 Memoir Writing* 4 PB Open Play* 6 PB Adult Beg*	9-12 Tax Prep* 12 Quilters 12:45 Bingocize** 4 PB Open Play* 6 Sign Language* 6 PB Adv. Beg* 7 Spanish*	9-12 Tax Prep* 10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi* 6 Colored Pencil Workshop*	10 Bingo*	
8	9	10	11	12	13	14
	9-12 Tax Prep* 10 Seated Strength* 11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga* 6:30 Watercolors*	9-12 Tax Prep* 10 Quilters 10:30 Cont. Line Dance* 11:30 Beg. Line Dance* 1 Seated Strength* 1:30 Memoir Writing* 4 PB Open Play* 6 PB Adult Beg*	9-12 Tax Prep* 10 Watercolors* 12 Quilters 12:45 Bingocize** 4 PB Open Play* 6 Sign Language* 6 PB Adv. Beg* 6 Adult Cooking* 7 Spanish*	9-12 Tax Prep* 10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi* 6 Colored Pencil Workshop* 6:30 250 Years of Elmhurst*	11:30 Pizza, Puzzles & Pie!*	
15	16	17	18	19	20	21
	9-12 Tax Prep* 11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga*	10 Quilters 10:30 Cont. Line Dance* 11:30 Beg. Line Dance* 4 PB Open Play* 6 PB Adult Beg* ELECTIONS	9-12 Tax Prep* 12 Quilters 4 PB Open Play* 6 Sign Language Basics* 6 PB Adv. Beg* 7 Spanish*	9-12 Tax Prep* 12 Duplicate Bridge 1 Tai Chi* 7 Gentle Yoga*	11:30 St. Patrick's Day Party*	10 Adult Egg Hunt Berens Park*
22	23	24	25	26	27	28
	9-12 Tax Prep* 10 Seated Strength* 11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga* 6:30 Watercolors*	9-12 Tax Prep* 10 Quilters 10:30 Cont. Line Dance* 11:30 Beg. Line Dance* 1 Seated Strength* 4 PB Open Play* 6 PB Adult Beg*	9-12 Tax Prep* 12 Quilters 4 PB Open Play* 6 PB Adv. Beg* 7 Spanish*	9-12 Tax Prep* 10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi* 7 Gentle Yoga*		10 Doggie Egg Hunt Canine Corner Dog Park
29	30	31				
	9-12 Tax Prep* 10 Seated Strength* 11 Pinochle 2:30 Chair Yoga*	9-12 Tax Prep* 10 Quilters 10:30 Cont. Line Dance* 11:30 Beg. Line Dance* 1 Seated Strength*	*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.	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
	<div style="border: 1px solid black; padding: 5px; width: fit-content;"> *Pre-registration required. Additional fee may apply. Call 630-993-8193 for more information or to register. </div>		9-12 Tax Prep* 12 Quilters 4 PB Open Play*	9-12 Tax Prep* 9 Peeps Racine Trip* 10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi*		
5	6	7	8	9	10	11
	9-12 Tax Prep* 10 Seated Strength* 11 Pinochle 2:30 Chair Yoga*	9-12 Tax Prep* 10 Quilters 10:30 Cont. Line Dance* 11:30 Beg. Line Dance* 1 Seated Strength* 4 PB Open Play* 6 PB Adult Beg*	9-12 Tax Prep* 10 Watercolors* 12 Quilters 2 Cardio Kickboxing* 5 PB Open Play* 6 PB Adv. Beg* 7 Spanish*	9-12 Tax Prep* 10 Seated Strength* 12 Duplicate Bridge	10 Bingo* 5:30 Family Fun Puzzle Night*	
12	13	14	15	16	17	18
	10 Seated Strength* 11 Pinochle* 2:30 Chair Yoga* 6:30 Watercolors*	10 Quilters 1 Seated Strength* 4 PB Open Play* 6 PB Adult Beg*	12 Quilters 2 Cardio Kickboxing* 4 PB Open Play* 6 PB Adv. Beg* 6 Adult Cooking* 7 Spanish*	9 AARP Smart Driver* 10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi* 6 PuzzlePalooza* 7 Gentle Yoga*	9 AARP Smart Driver*	
19	20	21	22	23	24	25
	10 Seated Strength* 11 Pinochle 2:30 Chair Yoga 6:30 Watercolors*	10 Quilters 10:30 Cont. Line Dance* 11:30 Beg. Line Dance* 1 Seated Strength* 4 PB Open Play* 6 PB Adult Beg*	12 Quilters 2 Cardio Kickboxing* 4 PB Open Play* 6 PB Adv. Beg* 7 Spanish*	10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi* 7 Gentle Yoga*	11:30 Festival Italiano Party*	9-Noon Courts Plus Health & Wellness Fair FREE!
26	27	28	29	30		
	10 Seated Strength* 11 Pinochle 2:30 Chair Yoga 6:30 Card Making*	10 Quilters 10:30 Cont. Line Dance* 11 MFS Mindfulness** 11:30 Beg. Line Dance* 1 Seated Strength* 4 PB Open Play* 6 PB Adult Beg*	11 Brain Health Basics* 12 Quilters 2 Cardio Kickboxing* 4 PB Open Play* 6 PB Adv. Beg* 7 Spanish*	10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi* 7 Gentle Yoga*	<div style="border: 1px solid black; padding: 5px; width: fit-content;"> **Metropolitan Family Services (MFS) program. Call 331-871-5537 for more information or to register. </div>	