

Centennial Connection

Newsletter

A letter from Amy

Spring is upon us! Longer days and warmer temps mean more time for exciting EPD activities. In addition to new programs and trips at KRC, the return of Art in Wilder Park is scheduled for its usual first weekend in May. This annual 2-day arts festival is filled with one-of-a-kind art, food, and family activities.

June will also start our ½ price membership sale. If you know someone who you think would enjoy all the programs and events we have, be sure to let them know that they can try membership out for half price. This discounted membership will be effective June 1 – December 31 of this year. If you are already a KRC member, you don't need to renew at this time as your membership is good for the entire year.


As a friendly reminder, even if a program or event is free, we do still request that you register. This helps us ensure that we have enough chairs set up in the room and that there are enough snacks if we have a sponsor providing refreshments. On the flip side, if you are no longer able to attend a free event or program that you registered for, please give us a quick call to let us know. We want to be respectful of the sponsors and volunteers that make these free programs possible.

I hope you find something of interest to you in our current spring and summer program line-up and as always, I hope to see you soon!



Amy Srail

PROGRAM SUPERVISOR

 (630) 993-8961

Weekly Activities at KRC

MONDAYS	
11 am–2:30 pm	Pinochle
12:45–1:45 pm	Bingocize*
1:45–2:15 pm	Relaxation Class*
2:30–3:30 pm	Chair Yoga*

TUESDAYS	
9:30–10:30 am	Let's Laugh*
10 am–3 pm	Quilters
10:30–11:30 am	Line Dancing (Continuing)*
11:30 am–12:30 pm	Line Dancing* (Beginner)
1:30–3:30 pm	Memoir Writing*

WEDNESDAYS	
11 am–Noon	T'ai Chi for Health*
Noon–3 pm	Quilters
Noon–3 pm	Red Hats (1st Wed of the month)
12:45–1:45 pm	Bingocize*
1:45–2:15 pm	Relaxation Class*

THURSDAYS	
10–10:45 am	Seated Strength and Better Balance*
Noon – 4 pm	Duplicate Bridge
7–8 pm	Gentle Yoga

FRIDAYS	
Varies	Special & Monthly Events
12:45–1:45 pm	Mental Flexibility* (1st and 3rd Friday of the month)
1:45 – 2:15 pm	Relaxation Class*

*Pre-registration required. Additional fee may apply.

EVENTS

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



Bingo

Ages 62 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 that month's Bingo sponsor. Pre-registration is required.

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

6573 F 5/10 10-11:15 am
7590 F 6/14 10-11:15 am

May Bingo Sponsored by



June Bingo Sponsored by



Festival Italiano

Ages 62 and up

Even if you aren't Italian, this is one party you won't want to miss. We're celebrating with a catered traditional Italian lunch and great entertainment by Charles Pansino. A mix of popular Italian songs and other favorites will have us dancing the afternoon away. So put on some red and spend the afternoon with friends for music, food, and fun! **Registration and cancellation deadline is the Friday before.**

Fee: \$20 KRC Member/\$25 Non-Member

6575 F 5/24 11:30 am-1:30 pm



Patriotic Party

Ages 62 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.**

Fee: \$20 KRC Member/\$25 Non-Member

7599 F 6/21 11:30 am-1:30 pm

Sponsored by



PROGRAMS

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

FREE

NEW! Microaggressions

Ages 18 and up

Join the Elmhurst AAUW Branch for a workshop on Microaggressions led by Dr. Jessica Sim, an Elmhurst University professor and social psychologist specializing in diversity, equity, and inclusion. Through small group discussions and interactive activities, you will develop a deeper awareness of microaggressions, learn to differentiate between intention and impact, recognize common forms of microaggressions, and gain practical strategies to address them in everyday life. **Free to attend.**

Pre-registration required.

6985 Th 5/2 7-8:30 pm

FREE

NEW! All Aboard! A History of Railroads in Elmhurst

Ages 21 and up

Learn the fascinating history of the major rail lines, past and present, that connected and continue to connect Elmhurst to Chicago and the wider world. Elmhurst History Museum Executive Director, Dave Oberg, will take participants through 175 years of rail service, from the arrival of the locomotive Pioneer in the early years of Cottage Hill to the present day. **Free to attend. Pre-registration required.**

6797 F 5/3 10-11 am

NEW! Cooking with Maria – Pizza! Pizza! Make, Take & Bake

Ages 21 and up

Create your own pizza to take and bake at home to serve to your family and friends in this interactive and engaging cooking experience with Maria V. In this hands-on cooking experience, you will create a delicious pizza from scratch to take home and bake, along with an extra homemade pizza dough you make in class to bake at home.

Participants will also enjoy Italian music, fresh Italian soda, and a pizza in class while making homemade cannoli to enjoy in class or to take home. All ingredients to make pizza and cannoli provided. **Registration deadline is one week prior to class date.**

Fee: \$55R/\$65NR

6635 Tu 5/14 6:30-8 pm

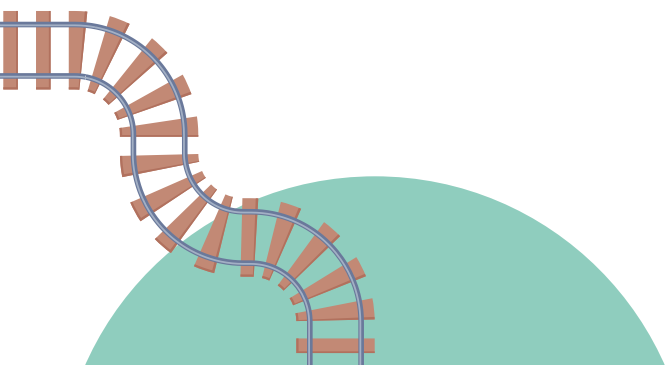
NEW! Macro Close-up Photography

Ages 18 and up

This class will discuss and practice how to accomplish sharply focused flowers, bugs, and other small objects. After learning focusing techniques, we discuss how to control the lighting and exposure to really make your images pop. Explore new techniques to see the small world you will be taking photos of. Learn about different lenses and filters to help you accomplish your small world photography. Participants must bring a DSLR or mirrorless camera to class, including lenses. The use of a tripod is highly recommended for this class.

Fee: \$99R/\$104 NR

7614 W 6/5-6/19 6-8 pm



PROGRAMS

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

FREE Rules of the Road

Ages 62 and up

If your license is due for renewal this year, be sure to take advantage of this FREE refresher course offered by the Secretary of State's office. Laws change, signs change – do not get caught unprepared. **Pre-registration is required.**

7598 W 6/12 10 am – Noon

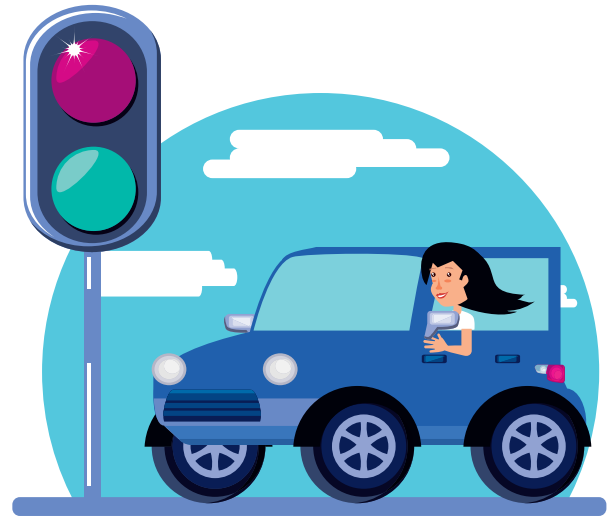
Memoir Writing

Ages 50 and up

You have stories to tell, and this class will give you the opportunity to write them. Participants will write a 500-word essay each week based on their life experiences to share with classmates. Suggested weekly topics from the instructor will start your memories flowing. The instructor, Lola Hotchkis, 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: \$69R/\$74NR

7611 Tu 6/18-7/23 1:30-3 pm



Tour 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**



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, and **pre-registration is required**. All materials are provided.

Acrylic Painting Classes – Painters Choice

Spend the morning, or evening, learning various acrylic painting skills while you create a work of art that you'll be proud to display. Instructor Colleen Koziara will bring a variety of seasonally appropriate paintings ranging in skill level from easy to masters. The class will vote on which painting they want to paint. The painting with the most votes wins, so each class painting is a surprise! You are also welcome to paint something on your own if you prefer to "go rogue".

Fee: \$27R/\$32NR

6877	W	5/8	6:30-8:30 pm
7807	M	6/10	9:30-11:30 am

Watercolor Painting Classes

Students of all skill levels will learn various watercolor techniques as they complete their own painting through step-by-step instruction and demonstration.

Instructor: Beth Rush

Fee: \$23R/\$28NR

Rainboots with Flowers

6764 W 5/15 10 am – Noon

Floral Wreath

6767 M 5/20 6:30-8:30 pm

Lavendar

7624 W 6/5 10 am – Noon

Cityscape

7628 M 6/17 6:30-8:30 pm



KRC DROP-IN GROUPS

Pinochle, Duplicate Bridge, Red Hats, and Quilters are all groups that meet here at KRC.

These self-formed groups are not instructional. If you are interested in playing **Pinochle or Duplicate Bridge**, stop in during their meeting times to chat with their group about getting involved.

You can also call KRC and leave your name and number if you'd like to have someone from the group give you a call.

The Quilting group is a great way to work on your own projects while enjoying some great company and socialization. Please note that sewing machines are not available.

Red Hats meets once a month to play board games. If you are a current Red Hat or interested in getting involved, please visit during their normally scheduled meeting time to learn more.

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.**

T'ai Chi

This gentle, flowing exercise routine focuses on rocking motions and stretching movements to improve circulation and reduce physical tension. Controlled breathing reduces stress and anxiety, helping calm the mind. The exercises are easy to learn, and students may sit or stand as needed, making this class suitable for all ages and abilities. Instructor: John Robertson.

Fee: \$77R/\$82NR

6568 W 5/8-6/26 11 am-Noon

Seated Strength and Better Balance

This class will focus on improving your strength, flexibility, and balance to reduce your risk of falling. Activities include seated warm-up stretches, followed by strengthening, low impact aerobic moves, core/abdominal work, and finally balance training. Class is taught by Dina Kartsonas, OT/L, of FYZICAL Therapy & Balance Centers and is suitable for all ability levels. Please wear comfortable clothing, good supportive shoes, and bring a water bottle to class for hydration.

Fee: \$39R/\$44NR

7612 Th 5/23-6/20 10-10:45 am

Chair Yoga

Specifically designed to provide the full benefit of yoga while being carefully modified for those with osteoporosis, osteoarthritis, and back injuries. Class will focus 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 the brain. Each class concludes with a short, guided relaxation and meditation.

Instructor: Colleen Koziara

Fee: \$57R/\$62NR

7804 M 6/3-7/15 2:30-3:30 pm

Gentle Yoga

Ages 18 and up

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.

Fee: \$90R/\$95NR

7634 Th 6/6-7/18 7-8 pm



KRC MEMBERS PERK

Register Over the Phone

As a KRC member, you can register for programs and events over the phone!



(630) 993-8193

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.

TRIPS WALKING KEY



Minimal Walking



Some Walking



Moderate Walking

NEW! Buffalo, Bakeries & Bears – Oh My!

Ages 21 and up

Get ready for your very own rare encounter with North America’s largest native land mammal. You will be surrounded by a bison herd (from the safety of the tour wagon) and get a true sense of the awesome size, strength, and power of these remarkable animals. Lunch is at Suzie’s Café before we head to the Albanese Confectionary which claims to make the world’s best gummy bears. A stop at County Line Orchard on the way home will complete the day. Fee includes transportation, tour and wagon ride at Broken Wagon Bison, lunch, and gratuity at Suzie’s Café. Any purchases at Albanese or County Line Orchard are on your own. **Registration deadline is May 28.**

Fee: \$94R/\$99NR

7643 Th 6/13 9 am–5:30 pm



NEW! I & M Canal Tour

Ages 21 and up

Step back into 1948 with a period-clothed, “salty” boat crew and friendly mule guiding you along the historic Illinois & Michigan Canal for an hour-long ride from Lock 14 to the Little Vermillion Aqueduct and back. Afterwards, enjoy a hearty Boat Captain’s Lunch in the I&M Canal Visitor Center. You’ll also have time to explore historic downtown LaSalle after lunch. Fee includes transportation, tour and boat ride, lunch, and gratuity. **Registration deadline is May 22.**
Fee: \$89R/\$94NR

7644 W 6/26 9:30 am–4:30 pm

COURTS PLUS

SENIOR HEALTH & FITNESS DAY

WEDNESDAY, MAY 29

Seniors age 62+ can work out for **FREE** on Wednesday, May 29 and can take advantage of a **\$10 JOINING FEE!**



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.



Relaxation Class

**Mondays, Wednesdays,
and Fridays, 1:45-2:15 p.m.**

A 30-minute session where participants will practice breathing exercises, meditation and other mindful activities. Be sure to sign up for the Elmhurst Park District *Chair Yoga* program that immediately follows *Relaxation Class* on Monday to bring your state of relaxation to a whole new level!

Mental Flexibility

**Class meets 1st and 3rd Friday of
the month from 12:45-1:45 p.m.**

An hour-long class where participants will learn how to be mentally flexible in order to live fully with life's pressures, such as stress, illness, anxiety, depression, aging issues, chronic pain and more.

Class is available in-person and via Zoom 



Bingocize

**Mondays and Wednesdays
12:45-1:45 p.m.**

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

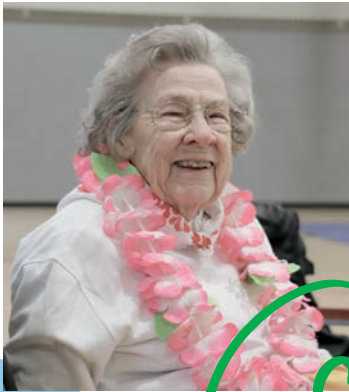
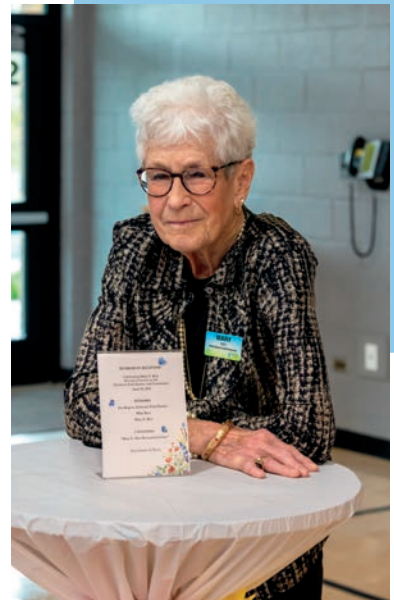
**Group meets every 2nd and 4th
Thursday from 10-11:30 a.m.**

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 in-person and via Zoom 



Memories at KRC





May

- 6** Janet W.
- 8** Michele S.
- 12** Jan S.
- 18** John W.
- 19** John R.
- 21** Marilyn R.
- 22** Roberta M.
- 23** Joan B.
- 30** Ken H.

June

- 3** Daniel G.
- 5** Isabel M.
- 6** Sandra G.
- 11** Douglas B.
- 16** Sally H.
- 17** David S.
- 22** Donna K.
- 22** Theresia L.
- 24** Jane H.
- 27** Shelia O.
- 30** Linda P.