

Centennial Connection

NEWSLETTER

A LETTER FROM AMY

Spring has officially sprung, and summer is right around the corner! Longer days mean there's more time to get out and enjoy all sorts of fun EPD activities. You'll find new programs, events, and trips in this newsletter and in the summer brochure which will be out at the end of April, right about the same time you're reading this.

As you may have heard, the park district passed a referendum with the election in November. In the next couple of years, exciting projects will be taking place which include a new community center (to replace the current Wagner Community Center), a permanent bandshell in Wilder Park, and several restrooms in parks throughout the district including one along the Prairie Path.

Construction is scheduled to begin on the new community center this fall which means all the programs that currently call WCC home will be relocated to other facilities throughout the district starting this summer. You may remember that we hosted a summer camp here at KRC the last 2 summers. We will once again be home to a summer camp in addition to a few other youth and parent/child activities. These programs relocating to KRC will not affect the programming that we offer for our adults and seniors, and you can still expect to find your favorite programs on the schedule, in addition to exciting new ones as well.

Please let me know if you have any questions or if you have any suggestions for programs you'd like to see. I look forward to seeing you at an event or on a trip soon!



Amy Srail

PROGRAM SUPERVISOR

☎ (630) 993-8961

WEEKLY ACTIVITIES AT THE KRC

MONDAYS

11 am–2:30 pm	Pinochle
2:30–3:30 pm	Chair Yoga*
4–6 pm	Pickleball Open Play – Beginner* (May)
6–7:30 pm	Pickleball Beginner* (May)

TUESDAYS

10 am–3 pm	Quilters
10:30–11:30 am	Line Dancing (Continuing)*
11:30 am–12:30 pm	Line Dancing (Beginner)*
1:30–3:30 pm	Memoir Writing*
3:30–5:30 pm	Pickleball Open Play – Beginner* (June)
4–6 pm	Pickleball Open Play – Beginner* (May)
5:30–7 pm	Pickleball Beginner* (June)
6–7:30 pm	Pickleball Advanced Beginner* (May)

WEDNESDAYS

11 am–Noon	T'ai Chi*
Noon–3 pm	Quilters
4–5:30 pm	Pickleball Beginner* (June)
5:30–7 pm	Pickleball Advanced Beginner* (June)

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* (June)
5:30–7 pm	Pickleball Intermediate* (June)

FRIDAYS

Varies	Special & Monthly Events
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*Pre-registration required. Additional fee may apply.

JOIN A GROUP AT KRC!

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!



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

9642	F	5/9	10-11:15 am
11696	F	6/6	10-11:15 am

Sponsored by



Festival Italiano

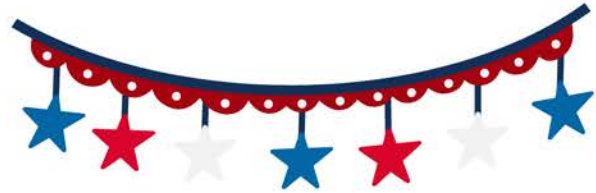
Ages 50 and up

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. Charles' 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: \$20M/\$25NM

9899	F	5/23	11:30 am-1:30 pm
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Sponsored by



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.**

Fee: \$20M/\$25NM

11699	F	6/20	11:30 am-1:30 pm
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Sponsored by



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

PROGRAMS

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

NEW! Modifications for Home Accessibility

FREE

Ages 50 and up

Join Jim Whittington of Lifeway Mobility and Kelly Thielbar from Generations Consulting as they present modifications that can be made in the home so that you can live life independently. Information will be presented on dangerous spaces in the home and falling; and will cover various options available for stairs, bathrooms, and other spaces to make your home safer and more accessible. Free to attend however, pre-registration is required. Pizza lunch is included by the presentation sponsors. **Registration deadline is June 2.**

12351 F 6/6 11:30 am–1:30 pm

The Spanish Acquisition: Spanish Language Classes

Ages 16 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 to fit the needs of the students enrolled.

Fee: \$109R/\$114NR

12348 W 6/18–7/30 7–8 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

COOKING CLASSES

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.

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

10240 Tu 5/20 6:30-8 pm



Charcuterie Making Class

Ages 16 and up

Join a cooking expert for an interactive and engaging experience! Create and build your very own charcuterie board with all the delicious meats and cheeses and fabulous additions! Learn tips and tricks to make a standout board your friends and family will love! Take home your beautiful wooden board and all the fixings to enjoy with family and friends! Bonus: cannoli making station! Italian music and Italian soda! **Registration deadline is one week prior to class date.**

Fee: \$85R/\$95NR

12461 Tu 6/24 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 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

Hiking Trail

9876 M 5/12 6:30–8:30 pm

Eagle

9870 W 5/21 10 am–Noon

City Marina

12332 M 6/16 6:30–8:30 pm

Line & Wash Floral

12328 W 6/25 10 am–Noon

Watercolor Workshop

Focus on techniques to boost your skills in watercolor. This class will focus on Vacation Polaroids where you'll learn to make fun, small, vacation watercolors. You will make four different, vacation scene paintings.

Instructor: Beth Rush

Fee: \$25R/\$30NR

12336 M 6/9 6:30–8:30 pm



Acrylic Adventures with Pinot's Palette



Paint the night away with local Pinot's Palette artists who will guide you step-by-step through the evenings' featured painting. You'll go home with a work of art that you'll be proud to display. All supplies provided.

Registration deadline is two weeks prior to class date.

Fee: \$49R/\$54NR

Sloth in Spring

9989 W 5/7 6:30–8:30 pm



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

9659 W 5/21 6–8 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. All supplies provided, and each participant will leave with three unique cards. Instructor: Beth Rush

Fee: \$25R/\$30NR

9879	M	5/5	6:30–8:30 pm
12340	W	6/18	10 am – 12 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.

Line Dancing

Fantastic for your mental memory & your muscle memory, line dancing is a great, low impact workout. Join experienced line dance instructor "Boot Scootin' Judy Rice" as she teaches the most current dances being done at the saloons and dance clubs in the Chicago area. Dances are simple for beginners, and you will dance to country and non-country songs.

Fee: \$35R/\$40NR

Beginner Class

12317 Tu 6/10-7/15 11:30 am-12:30 pm

Continuing Class

12318 Tu 6/10-7/15 10:30-11:30 am

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

12320 M 6/2-7/7 2:30-3:30 pm

Looking to get more active?

Discover how easy and enjoyable staying fit can be. See page 11 to learn more about the Courts Plus fitness center and how we support seniors in living their healthiest, happiest lives!



NEW! Goat Yoga

Ages 18 and up

Combining the practice of yoga with adorable and friendly goats will make you feel joy deep in your heart. This delightful event offers a combination of exercise and animal-assisted therapy that can help reduce stress, improve happiness, and enhance your overall well-being. Please bring a yoga mat to class.

Fee: \$39R/\$49NR

Location: Wilder Park

9901	Tu	5/13	5:45-6:45 pm
9902	Tu	5/13	7-8 pm



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 balance training. 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 July 3.**

Fee: \$49R/\$54NR

12903	Th	6/5-7/17	10-10:45 am
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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. Participants should bring a yoga or exercise mat to class.

No class July 3.

Fee: \$109R/\$114NR

9887	Th	4/24-5/29	7-8 pm
12384	Th	6/5-7/17	7-8 pm



TRIPS



NEW! Magic Meadows Alpacas



Step into the “Magic-al” world of Suri Alpacas. Magic Meadows Alpacas is a sustainable working farmette in northern Illinois. Opening their gates to visitors in 2020, they invite you to meet fun, big-eyed alpacas and be greeted by warm welcomes of all kinds. Magic Meadows is home to 13 alpacas, and our hour-long visit will include time to feed the girls in their enclosure. After our visit, we’ll head to Woodstock Square Historic District where you’ll have time for lunch on your own and exploring the area’s unique shops. Fee includes transportation, alpaca tour and visit. Lunch and shopping are on your own. A special waiver will need to be signed upon check in that day. **Registration deadline is 5/5.**

Fee: \$74R/\$79NR

9892 W 5/21 10 am–4 pm

Walking Key



Minimal
Walking



Some
Walking



Moderate
Walking

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! Sanfilippo Estate Tour



This is a unique opportunity to explore the Sanfilippo Collection on a private, guided tour. The property is not open to the public for daily tours, so you don’t want to miss this chance to visit the estate. Our docent-guided tour is approximately 3 hours long, and you’ll have the opportunity to visit the main residence with its collection of automated music machines, beautiful art glass-front orchestrions, Tiffany and other art glass lamps, and a large collection of Victorian chandeliers. In addition, you’ll see a recreation of a turn-of-the-century casino, a collection of antique fragrance and cologne bottles, the world’s largest theater pipe organ, and the Eden Palais Carousel. There are too many wonders to list and this tour will explore them all. Fee includes transportation, admission to the Sanfilippo Estate and tour, and pipe organ mini concert. **Registration deadline is May 18.**

Fee: \$84R/\$89NR

12403 Th 6/5 12:45–4:30 pm



Minimal
Walking



Some
Walking



Moderate
Walking

TRIPS



NEW! Culture, Art & Cuisine – A Day in Pilsen

In addition to its rich immigrant history, Pilsen is a virtual outdoor art museum. Home to over 300 resident artists and nearly 400 vibrant outdoor murals, it is a community that gifts visitors with the opportunity to learn an appreciation for a people's very intimate journey. Our day will start off picking up our step-on guide who will share history of the immigrant culture, outdoor art, and architecture. We will stop to view some of the most prominent murals and visit St. Pius Church before heading to the National Museum of Mexican Art where you'll have time to view the collection on your own. Afterwards we'll head to Los Comales for authentic Mexican cuisine before heading home. Participants must be able to enter/exit the bus multiple times. Fee includes transportation, tour, Museum, lunch & lunch gratuity. Guide & driver gratuity are at your discretion. Please select your menu choice upon registration. All lunches come with rice, beans, and a non-alcoholic beverage.

Registration deadline is June 2.

Fee: \$94R/\$99NR

12396 W 6/18 9:15 am–2:30 pm





SENIOR HEALTH *and* FITNESS DAY

WEDNESDAY, MAY 28

Seniors age 62+ can work out for free on Wednesday, May 28 and can take advantage of a \$10 Joining Fee Special and the Senior Rate of \$45 per month

186 S West Ave, Elmhurst
(630) 833-5064

Senior Membership 62+

Ages 62+ can take advantage of a discounted membership rate!

Racquet Sports & Pickleball

Hone your skills or learn the basics! Courts Plus offers a variety of tennis and pickleball lessons for all skill levels, including open play and leagues.

Bonus: Some pickleball meets at Kies Recreation Center too!

Aquatics Classes

Jump in and make a splash! Courts Plus features a five-lane, 75-foot lap pool and offers aquatic classes throughout the week. Free for members, these low-impact classes are a fun and safe way to boost cardiovascular health, build strength, improve endurance, and increase flexibility.

Low-Impact Group Exercise

Free classes just for members — designed for the active older adult:

- Zumba Gold
- Yoga & Stretch
- Chair Yoga

Personal Training

Work 1-on-1 with a trainer to build a custom fitness plan tailored to your needs and goals.



Metropolitan Family Services (MFS) empowers families to **learn**, to **earn**, to **heal**, to **thrive**.



Part mentor, part motivator, part advocate, since 1857 MFS has been the engine of change that empowers Chicago-area families to reach their greatest potential and positively impact their communities.

MFS has more than 1,100 full-and part-time professional staff dedicated to providing quality services to families throughout Chicago, DuPage County, Evanston/ Skokie and the southwest suburbs. Metropolitan serves more than 122,970 families and individuals as diverse as the communities in which they live.



Walk-in Hours

The Mary E Kies Recreation Center is pleased to partner with MFS DuPage and to host offices and event space for their programs. Walk in Hours for Metropolitan Family Services are:

**Mondays & Wednesdays,
11:30 am – 12:30 pm**



While all MFS programs and services are free to DuPage County residents aged 60 and up and caregivers, pre-registration is required.

For more information about Metropolitan Family Services, their programs, and services, **please call (331) 871-5537**.



May

4 Sharon P.
6 Janet W.
8 Michele S.
12 Jan S.
18 John W.
21 Marilyn R.
22 Roberta M.
25 Cary Z.
30 Ken H.

June

5 Isabel M.
15 Donna K.
16 Sally H.
22 Donna K.
24 Jane H.