

Centennial Connection Newsletter

A letter from Amy -

It's hard to believe we're in the middle of Fall and the holidays are fast approaching. It's also hard to believe this is the last newsletter of 2025. We are currently renewing membership for next year so be sure to purchase your 2026 membership before the middle of December if you would like to continue receiving the newsletter mailed to your home.

In addition to the newsletter, membership will continue to include free monthly bingo, member pricing on monthly luncheons, phone registration privileges, and priority registration for tax appointments, even if you aren't an Elmhurst resident. Registration for tax appointments will begin December 1st for Residents of Elmhurst Park District and 2026 Members of KRC, and January 26th for Non-Residents and Non-Members. More information about tax appointments can be found in the winter/spring brochure which will be out at the end of November.

There are still a lot of great programs and events planned for 2025, and I hope to see you at one of them soon. And as usual, we'll be rounding out the holiday season with our annual Bakery Bus trip – this time to Racine.

I hope you have a very happy, healthy, and safe holiday season and I look forward to seeing you soon!



Amy Srail

PROGRAM SUPERVISOR

☎ (630) 993-8961

WEEKLY ACTIVITIES AT THE KRC

MONDAYS

10:30–11:30 am	MFS Learning Lounge** (2 nd Monday of the month)
11 am–2:30 pm	Pinochle
12:45–1:45 pm	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*
4–6 pm	Pickleball Open Play*
6–7:45 pm	Pickleball Adult Beginner*

WEDNESDAYS

10–11:30 am	MFS Mindful Creativity Group** (select 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*
7–8 pm	Gentle Yoga*

FRIDAYS

Varies	Special & Monthly Events
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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 the 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

11706	F	11/7	10-11:15 am
11707	F	12/5	10-11:15 am

Sponsored by



Thanksgiving Luncheon

Ages 50 and up

Join us to give thanks and celebrate with friends. We'll enjoy a catered traditional Thanksgiving meal and then be entertained by the music of Jack Miuccio. Bring a canned good for the food drive if you'd like.

Registration and cancellation deadline is the Friday before the event.

Fee: \$20M/\$25NM

12498	F	11/21	11:30 am – 1:30 pm
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Sponsored by



Holiday Gala

Ages 50 and up

Back by popular demand, The StingRays will perform at this year's Holiday Gala! This band will have you dancing in your seat, if not out on the dance floor, as they entertain us with a great variety of our favorite tunes. This year's event will be held at Kies Recreation Center and will include a delicious lunch, entertainment, a visit from a very special someone, and raffles (tickets available for purchase at the event). Tables may be pre-reserved by calling (630) 993-8193. Please provide the names of all the people at your table when you call. **Registration and cancellation deadline is the Friday before the event.**

Fee: \$30M/\$40NM

12499	F	12/12	11:30 am – 2:30 pm
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PuzzlePalooza Jigsaw Puzzle Tournament

Ages 18 and up

Grab your team of no more than 4 adults and get ready to compete against other teams to see who can complete the same 750-piece puzzle the fastest. Teams will have up to 2 hours to complete their puzzle and prizes will be awarded for first, second, and third place. Feel free to bring snacks and non-alcoholic beverages and get ready to enjoy a day with friends or family. Pricing is per team. Only 1 person on each team needs to register for their team and teams cannot be larger than 4 adults ages 18 and over. **Registration deadline is October 12.**

Fee: \$30R/435NR

11713	Su	11/2	1 – 3:30 pm
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KRC Membership

**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.**

Fees
\$30R
\$40NR



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 techniques as they complete their own painting through step-by-step instruction and demonstration. Instructor: Beth Rush

Fee: \$25R/\$30NR

Fall Wreath

12931 W 11/5 10 am – 12 pm

Tree Reflections

12936 M 11/10 6:30 – 8:30 pm

Salt Trees

12932 W 12/3 10 am – 12 pm

Winter Berries

12937 M 12/8 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. In the November class you will paint Holiday Cards and the December class will paint New Years Eve Fireworks. Instructor: Beth Rush

Fee: \$25R/\$30NR

Holiday Cards

12941 M 11/17 6:30 – 8:30 pm

NYE Fireworks

12942 M 12/15 6:30 – 8:30 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.

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. **No class November 24.**

Fee: \$57R/\$62NR

12989 M 10/27-12/8 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. **No class November 27.**

Fee: \$109R/\$114NR

13005 Th 10/30-12/11 7-8 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! 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.

No class November 27 or December 11.

Fee: \$49R/\$54NR

14781 Tu 10/30-12/18 1-2 pm

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. **No class November 25.**

Fee: \$35R/\$40NR

Beginner Class

12495 Tu 11/4-12/16 11:30 am-12:30 pm

Continuing Class

12497 Tu 11/4-12/16 10:30-11:30 am

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 December 23, 25, 30 or January 1.**

Fee: \$49R/\$54NR

13550 Tu 12/2-1/20 1-1:45 pm

12909 Th 12/4-1/22 10-10:45 am



EASY REGISTRATION FOR KRC MEMBERS!

As a KRC member, you can
sign up for programs and
events simply by calling us!



(630) 993-8193

TRIPS

Walking Key

Minimal
WalkingSome
WalkingModerate
Walking

Leave the driving to us and find 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 32 of the EPD Fall Brochure for additional important trip information.

**NEW! Irving Berlin's
White Christmas**


Pageantry and spectacle come to life in this iconic holiday production. Two former GI's who have a highly popular song and dance team meet an equally talented up and coming sisters act. When the men travel to a quaint ski resort in Vermont to watch the sisters perform, they realize the resort is owned by their former General, who is about to lose it all. Plans begin to help save the beloved General and his business, which culminates in a show filled with epic dance numbers, spectacular costumes, and a finale rendition of "White Christmas" that will make you a believer. Fee includes transportation and main floor seating at Paramount Theatre. **Registration deadline is October 28.**

Fee: \$59R/\$64NR

13171 W 11/19 12 pm–5:30 pm

**NEW! Kris Kringle Bakery
Bus - Racine**


Our annual bakery bus is back with a twist. This year we're heading to Racine, where, in addition to visiting at least four bakeries and shops, we'll learn everything there is to know about the infamous Racine Kringle, the official Wisconsin State Pastry. Our step-on guide will provide a fully narrated tour including an explanation of how Racine came to be known as "Little Denmark", entertaining stories of Danish holiday customs and traditions, Racine history, and more. You will also enjoy a sit-down meal at one of Racine's most popular downtown restaurants. This trip will involve getting on and off the bus multiple times and standing at the bakery locations. Fee includes transportation, step on guide, samples at the bakeries, and lunch. **Registration deadline is November 18.**

Fee: \$169R/\$174NR

12948 Th 12/4 9 am–6 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.

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.



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.

The Learning Lounge

**2nd Monday of each month
10:30-11:30 am**

A monthly informational series aimed to help seniors in our community increase their safety in their homes and communities. Join us to learn tips, tricks, and what benefits you may be eligible for to be safe and stay safe!



November

- 16 Lilita K.
- 18 Rosemary D.
- 22 Sandra C.
- 28 Lillian Z.

December

- 2 Ken P.
- 7 Lynda M.
- 7 Renee W.
- 11 Mary Lou C.
- 11 Moira M.
- 12 Carol H.
- 13 Kathleen W.
- 14 Carolee L.
- 14 Virginia P.
- 16 Deli F.
- 19 Mary M.
- 26 Sharon G.



375 W. First Street
Elmhurst, IL 60126

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 1 pm Puzzle Palooza Jigsaw Puzzle Tourney	3 11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga*	4 10 Quilters 10:30 Cont. Line Dance* 11:30 Beg. Line Dance* 1 Seated Strength* 1:30 Memoir Writing* 4:00 PB Adult Beg Open Play* 6:00 PB Adult Beg*	5 10 Watercolor Painting* 12 Quilters 12:45 Bingocize** 4:00 Beg. PB Open Play* 6:00 PB Adv. Beginner* 7 Spanish Language Class*	6 10 Seated Strength* 12 Duplicate Bridge 1 pm Tai Chi* 7 Gentle Yoga*	7 10 Bingo*	8
9	10 10:30 MFS Learning Lounge** 11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga* 6:30 Watercolor Painting*	11 10 Quilters 10:30 Cont. Line Dance* 11:30 Beg. Line Dance* 1 Seated Strength* 1:30 Memoir Writing* 4:00 PB Adult Beg Open Play* 6:00 PB Adult Beg*	12 12 Quilters 12:45 Bingocize** 4:00 Beg. PB Open Play* 6:00 PB Adv. Beginner* 7 Spanish Language Class*	13 10 Seated Strength* 12 Duplicate Bridge 1 pm Tai Chi* 7 Gentle Yoga*	14	15
16	17 11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga* 6:30 Watercolor Painting*	18 10 Quilters 10:30 Cont. Line Dance* 11:30 Beg. Line Dance* 1 Seated Strength* 4:00 PB Adult Beg Open Play* 6:00 PB Adult Beg*	19 10 MFS Mindful Creativity** 12 Quilters 12 Paramount Trip* 12:45 Bingocize** 4:00 Beg. PB Open Play* 6:00 PB Adv. Beginner* 7 Spanish Language Class*	20 10 Seated Strength* 12 Duplicate Bridge 1 pm Tai Chi* 7 Gentle Yoga*	21 11:30 Thanks- giving Luncheon*	22
23	24 11 Pinochle 12:45 Bingocize**	25 10 Quilters 4:00 PB Adult Beg Open Play* 6:00 PB Adult Beg*	26 12 Quilters 12:45 Bingocize** 4:00 Beg. PB Open Play* 6:00 PB Adv. Beginner*	27 Closed – Thanksgiving Holiday	28 Closed – Thanks- giving Holiday	29
30	*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	5	6
	11 Pinochle 1245 Bingocize** 2:30 Chair Yoga*	10 Quilters 10:30 Continuing Line Dance* 11:30 Beginner Line Dance* 1 Seated Strength* 4:00 PB Adult Beg Open Play* 6:00 PB Adult Beginner*	10 Watercolor Painting* 12 Quilters 12:45 Bingocize** 4:00 Beg. PB Open Play* 6:00 PB Adv. Beginner* 7 Spanish Language Class*	9 Bakery Bus Trip* 10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi* 7 Gentle Yoga* 5:30-7:30 Tree Lighting – Wilder Park	10 Bingo*	
7	8	9	10	11	12	13
	10:30 MFS Learning Lounge** 11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga* 6:30 Watercolor Painting*	10 Quilters 10:30 Continuing Line Dance* 11:30 Beginner Line Dance* 1 Seated Strength* 4:00 PB Adult Beg Open Play* 6:00 PB Adult Beginner*	12 Quilters 4:00 Beg. PB Open Play* 6:00 PB Adv. Beginner* 7 Spanish Language Class*	10 Seated Strength* 12 Duplicate Bridge 7 Gentle Yoga*	11:30 Holiday Gala*	
14	15	16	17	18	19	20
	11 Pinochle 6:30 Watercolor Painting*	10 Quilters 10:30 Continuing Line Dance* 11:30 Beginner Line Dance* 1 Seated Strength*	10 MFS Mindful Creativity** 12 Quilters	10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi*		
21	22	23	24	25	26	27
	11 Pinochle	10 Quilters	Closed – Christmas Eve	Closed – Christmas Day		
28	29	30	31	January 1		
	11 Pinochle	10 Quilters	Closed – New Year's Eve	Closed – New Year's Day		

*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.