

# Centennial Connection Newsletter

## *A letter from Amy -*

As I am writing this letter on an 85-degree day in July, it is hard to believe that when you're reading it, fall will be right around the corner. Summer flew by this year (again), and we'll soon be getting ready for cooler temperatures, shorter days, and holiday events!

The EPD fall brochure is packed with exciting new trips, events, and programs. Be sure to check out all the new trips on page 33 of the brochure. Fall Foliage at Anderson Japanese Gardens and Mules, Mansions, & Mimosas are two new ones that I think will some of my favorites as they will be unique chances to enjoy the great outdoors before winter arrives.

We'll have a special Grand-friend's Day Bingo in September to celebrate Grandparents Day. Details about the event can be found on page 37 of the fall brochure. We'll also be offering a free Fall Prevention program on September 22<sup>nd</sup> in honor of Fall Prevention Awareness Day. Registration information can be found on page 34 of the fall brochure, and in this newsletter.

The district will also continue to host several exciting, free events as the year progresses including Touch a Truck on September 6<sup>th</sup> and Fall Fest on October 4<sup>th</sup>. I hope to see you at a senior program, EPD event, or on a district day trip soon!



*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	Bingocize** (begins 9/29)
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 Adult Beginner*
6–7:30 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** (begins 10/8)
4–6 pm	Pickleball Beginner Open Play
6–7:30 pm	Pickleball Advanced Beginner*

## THURSDAYS

10–10:45 am	Seated Strength & Stretch*
Noon–4 pm	Duplicate Bridge
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 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

11704	F	9/12	10-11:15 am
11705	F	10/10	10-11:15 am

Sponsored by



### Grand-friend's Day Bingo

*Ages 5 and up with Adult*

Celebrate Grandparents Day with the special grandkids in your life! We'll start the event with a quick keepsake craft followed by multiple games of BINGO! Adult and child prizes are available for the winners. **Please make sure each person attending is registered.**

**Fee:** \$8

13146	Su	9/7	10:30-11:30 am
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### EASY REGISTRATION FOR KRC MEMBERS!

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



## EVENTS

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

**Boo Bingo**

*Ages 50 and up*

It's the scariest Bingo of the season! This themed Bingo is in addition to our regular monthly Bingo program and our sponsor will be providing refreshments and Bingo prizes for our Halloween themed event. **While participation is free, pre-registration is required.** Call the KRC at 630-993-8193 to reserve your spot.

11711 F 10/31 10-11 am

Sponsored by

**Halloween Party**

*Ages 50 and up*

Calling all ghosts, witches and goblins. Join us at the scariest event of the season! We will have a catered lunch and great entertainment by Edizon Dayao. All participants in costume have a chance to win the costume contest. **Registration and cancellation deadline is the Friday before the event.**  
**Fee: \$20M/\$25NM**

11710 F 10/24 11:30 am-1:30 pm

Sponsored by

**Edward Jones**

**Oktoberfest Luncheon**

*Ages 50 and up*

Join us for an afternoon of song, dance, food and fun during our Oktoberfest party! Our entertainment will be Eddie Korosa, Jr., and lunch will be Oktoberfest cuisine. **Registration and cancellation deadline is the Friday before the event.**

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

11709 F 9/26 11:30 am - 1:30 pm

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! Fall Prevention

*Ages 50 and up*

Today is National Fall Prevention Awareness Day and you are invited to join Dina Kartsonas of FYZICAL Therapy and Balance Centers as she shares information and tips on Fall Prevention. This interactive presentation will also demonstrate 3 basic balance exercises you can practice at home. Free Fall Risk Assessments will also be available to identify compromises in your balance and strength that could make you susceptible to a fall.

**Free to attend, however, pre-registration is required. Call 630-993-8193 to reserve your space.**

12901      M      9/22      10:30-11:30 am

### AARP Smart Driver Course

*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.

12491      ThF      10/16-10/17      9 am-1 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 several 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**

12986      Tu      10/7-11/11      1:30-3 pm

### 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. instructor. **No class 10/15 or 11/26.**

**Fee: \$94R/\$99NR**

13000      W      9/10-10/22      7-8 pm

13001      W      10/29-12/10      7-8 pm

## 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

#### *Island Palm Trees*

12929      W      9/10      10 am–12 pm

#### *Field of Wheat*

12934      M      9/22      6:30–8:30 pm

#### *Tailgate Pumpkins*

12930      W      10/8      10 am–12 pm

#### *Line/Wash Pumpkins*

12935      M      10/13      6:30–8:30 pm

### Watercolor Workshop

These workshops will focus on techniques to boost your skills in watercolor. Different techniques will be offered each session. In the September class you will paint Rain Drops and the October class will paint a Haunted House. Instructor: Beth Rush

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

#### *Rain Drops*

12939      M      9/29      6:30–8:30 pm

#### *Haunted House*

12940      M      10/27      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 created 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

12985      W      10/15      6–8 pm





## HEALTH AND 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. **No class September 29.**

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

12988 M 9/8-10/20 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

13004 Th 9/11-10/16 7-8 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.

**Fee:** \$35R/\$40NR

#### Beginner Class

12494 Tu 9/9-10/14 11:30 am – 12:30 pm

#### Continuing Class

12496 Tu 9/9-10/14 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.

**Fee:** \$49R/\$54NR

13518 Tu 9/2-10/7 1-1:45 pm

12907 Th 9/4-10/9 10-10:45 am

13549 Tu 10/14-11/18 1-1:45 pm

12908 Th 10/16-11/20 10-10:45 am

## 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. 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! Come From Away



9/11/2001. Before they have a clue what's happening, thousands of passengers are diverted to the town of Gander, doubling its population and putting the townsfolk to the tests. Based on astonishing true events and hundreds of hours of interviews, Come From Away is full of songs that celebrate kinship and grit. The message is simple and significant: in this day and age, it's more important than ever for kindness to reach across borders. Fee includes transportation and main floor seating at Paramount Theatre. **Registration deadline is August 26.**

**Fee:** \$59R/\$64NR

13170 W 9/17 12 pm – 5:30 pm

### NEW! Fall Foliage at Anderson Japanese Gardens



Surround yourself with nature and the beauty of fall colors in an outdoor setting that inspires the mind and energizes the soul. Upon arrival you'll enjoy an artisan lunch buffet prepared by Fresco at the Gardens. After lunch, participants will experience a docent-guided tour along the beautifully manicured trails of the gardens. There will be time for a quick stop at the gift shop before heading home. Fee includes motorcoach transportation, guided tour, and lunch. **Registration deadline is October 6.**

**Fee:** \$114R/\$119NR

12949 Tu 10/21 10:30 am–5 pm

### NEW! Mules, Mansions, & Mimosas



Experience a relaxing and educational mule-drawn boat ride on the I&M Canal, then kick back with mimosas while enjoying the Boat Captain's Lunch in the I&M Canal Visitor Center's Vintage Room. After lunch, we'll venture to the Reddick Mansion and explore the 22-room Italianate mansion along with the estate's specialty gardens. Fee includes transportation, boat ride, lunch, mimosa, and guided tour of Reddick Mansion. **Registration deadline is August 28.**

**Fee:** \$134R/\$139NR

12950 F 9/19 9:30 am–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.

## **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**

**2<sup>nd</sup> 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!



*September*

*October*

5 Art F.  
5 Robert K.  
7 Jackie D.  
9 Loretta K.  
15 Dolly C.  
17 Susan H.  
28 Jean S.  
29 Carolyn K.

2 Jean P.  
3 Robert B.  
5 Donna M.  
7 Loretto C.  
10 Denver M.  
17 Mary C.  
17 Patrick K.  
20 Linda P.  
23 Florence Z.  
26 Nicolette G.  
30 Amy D.



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