

January 2023 | Centennial Recreation Center | Elmhurst Park District

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Closed for New Year's Day	3 10 am Quilters	4 10:15 am Mindfulness** 12 pm Red Hats 12 pm Quilters	5 12 pm Duplicate Bridge	6	7
8	9 9 am Open Gym Walking* 11 am Pinochle 1:45 pm Mindfulness** 2:30 pm Chair Yoga* 6 pm Holistic Wellness*	10 10 am Quilters 11:30 am Line Dancing*	11 10:15 am Mindfulness** 11 am Hula* 12 pm Quilters 1 pm Holistic Wellness*	12 9 am Open Gym Walking* 12 pm Duplicate Bridge	13 10 am Bingo* 11:45 am Mindfulness** 12:30 pm Mental Flexibility**	14
15	16 9 am Open Gym Walking* 9:30 am Recreating the Masters* 11 am Pinochle 1:45 pm Mindfulness** 2:30 pm Chair Yoga* 6 pm Holistic Wellness*	17 10 am Quilters 11:30 am Line Dancing*	18 10:15 am Mindfulness** 11 am Hula* 12 pm Quilters 1 pm Holistic Wellness*	19 9 am Open Gym Walking* 12 pm Duplicate Bridge 1:30 pm Game On!*	20 11:30 am Jammin' January Beach Party* 11:45 am Mindfulness**	21
22	23 9 am Open Gym Walking* 11 am Pinochle 1:45 pm Mindfulness** 2:30 pm Chair Yoga* 4pm Art! Where Do I Start?!* 6 pm Holistic Wellness*	24 10 am Quilters 11:30 am Line Dancing*	25 10 am Winter Barn Watercolor Painting Class* 10:15 am Mindfulness** 11 am Hula* 12 pm Quilters 1 pm Holistic Wellness*	26 9 am Open Gym Walking* 12 pm Duplicate Bridge	27 10 am ReThink Retirement Program* 11:45 am Mindfulness** 12:30 pm Mental Flexibility**	28
29 1 pm Puzzle Palooza*	30 9 am Open Gym Walking* 11 am Pinochle 1:45 pm Mindfulness** 2:30 pm Chair Yoga* 4 pm Art! Where Do I Start?!* 6 pm Holistic Wellness*	31 10 am Quilters 11:30 am Line Dancing*				

\*Pre-registration required. Additional fee may apply. EPD Program. Call 630-993-8193 for more information or to register.

\*\* Pre-registration required. Metropolitan Family Services Program. Call 331-871-5537 for more information or to register.

February 2023 | Centennial Recreation Center | Elmhurst Park District

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9am-12pm Tax Appointments* 10:15 am Mindfulness** 11 am Hula* 12 pm Red Hats 12 pm Quilters	2 9am-12pm Tax Appointments* 9 am Open Gym Walking* 12 pm Duplicate Bridge Starved Rock Trip*	3 10 am Accessible Transportation Options Program* 11:45 am Mindfulness**	4
5	6 9am-12pm Tax Appointments* 9 am Open Gym Walking* 11 am Pinochle 1:45 pm Mindfulness** 2:30 pm Chair Yoga* 6 pm Holistic Wellness*	7 9am-12pm Tax Appointments* 10 am Quilters 11:30 am Line Dancing*	8 9am-12pm Tax Appointments* 10:15 am Mindfulness** 11 am Hula* 12 pm Quilters 1pm Holistic Wellness* 6:30 pm Recreating the Masters*	9 9am-12pm Tax Appointments* 9 am Open Gym Walking* 12 pm Duplicate Bridge	10 10 am Bingo* 11:45 am Mindfulness** 12:30 pm Mental Flexibility**	11
12	13 9am-12pm Tax Appointments* 9 am Open Gym Walking* 9:30 am Recreating the Masters* 11 am Pinochle 1:45 pm Mindfulness** 2:30 pm Chair Yoga* 6 pm Holistic Wellness*	14 9am-12pm Tax Appointments* 10 am Quilters 11:30 am Line Dancing* 2 pm Chocolate Lover's Bingo*	15 9am-12pm Tax Appointments* 10:15 am Mindfulness** 11 am Hula* 12 pm Quilters 1 pm Holistic Wellness* Paramount Theatre Trip*	16 9am-12pm Tax Appointments* 9 am Open Gym Walking* 1:30 pm Game On!*12 pm Duplicate Bridge	17 11:45 am Mindfulness**	18
19	20 Closed for President's Day	21 9am-12pm Tax Appointments* 10 am Quilters	22 9am-12pm Tax Appointments* 10 am Watercolor Painting Class* 10:15 am Mindfulness** 11 am Hula* 12 pm Quilters 1 pm Holistic Wellness*	23 9am-12pm Tax Appointments* 9 am Open Gym Walking* 12 pm Duplicate Bridge	24 11:30 am Valentine's Day Party* 11:45 am Mindfulness** 12:30 pm Mental Flexibility**	25
26	27 9am-12pm Tax Appointments* 9 am Open Gym Walking* 11 am Pinochle 1:45 pm Mindfulness**	28 9am-12pm Tax Appointments* 10 am Quilters	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>*Pre-registration required. Additional fee may apply. EPD Program. Call 630-993-8193 for more information or to register.</p> <p>** Pre-registration required. Metropolitan Family Services Program. Call 331-871-5537 for more information or to register.</p> </div>			

