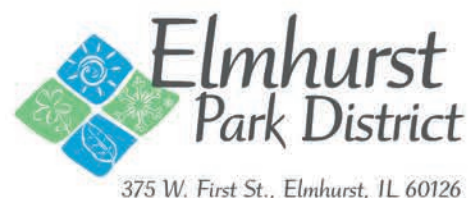




January February

2	Norma J.	1	Linda B.
3	Cathy O.	1	Carol H.
6	Susan K.	3	Helen B.
11	Zeny C.	5	Anthony C.
12	Lars B.	6	Terrie H.
15	Barbara G.	13	John G.
20	Toni C.	15	Miguel R.
20	Debra M.	17	Lerida C.
30	Adelaida A.	22	Chii-Ming K.
30	Robert P.	24	Virginia G.
		25	Joseph F.



PRSRT-STD
U.S. Postage Paid
Permit No. 146
Elmhurst, IL 60126

ELMHURST PARK DISTRICT | JANUARY - FEBRUARY 2023

Centennial Connection

Newsletter

A letter from Amy

I am writing this letter on a chilly Monday morning just after the Thanksgiving holiday. I truly hope you were able to spend some time with family and friends, or perhaps enjoyed a nice quiet evening at home if that's what you prefer. With the hustle and bustle of the holiday season upon us, it's easy to get caught up in the chaos. Be sure to take time for yourself to relax and enjoy a quiet moment here and there.

Speaking of the holiday season, by the time you are reading this, the Holiday Gala should either be coming up in a couple of days, or we may have just had it and celebrated for the first time in 3 years! Either way, I'm excited that we are able to have this highly anticipated event again after such a long hiatus.

The New Year is right around the corner and with it comes a variety of new programs and trips. Be sure to check out your Elmhurst Park District winter brochure for details. Resident registration will begin December 17th and Non-Resident registration starts on December 20th.

If you do not currently receive a printed brochure and would like to be added to the mailing list to have it delivered to your home, please call 630-993-8193. Copies are also available at Centennial Recreation Center and all of our programs, trips and bi-monthly newsletters can be found online as well at www.epd.org.

I hope you have a wonderful winter and holiday season and as always, I look forward to seeing you at a program or on a trip soon. Stay healthy and warm and be sure to stop in and say hello next time you're at CRC.



Amy Srail

PROGRAM SUPERVISOR
(630) 993-8961

Weekly Activities at CRC

Mondays

9-10:30am | Open Gym for Walking*
11am-2:30pm | Pinochle
1:45-2:15pm | Mindfulness*
2:30-3:30pm | Chair Yoga*

Tuesdays

10am-3pm | Quilters
11:30am-12:30pm | Line Dancing*

Wednesdays

10:15-10:45am | Mindfulness*
11am-Noon | Hula*
Noon-3pm | Quilters
Noon-3pm | Red Hats (1st Wed of the month)

Thursdays

9-10:30am | Open Gym for Walking*
Noon-4pm | Duplicate Bridge

Fridays

Varies-Special & Monthly Events
11:45am-12:15pm | Mindfulness*
12:30-1:30pm | Mental Flexibility*
(2nd and 4th Friday of the month)

**Pre-registration required.
Additional fee may apply.*

CENTENNIAL RECREATION
CENTER(CRC)/REGISTRATION

(630) 993-8193

CENTENNIAL RECREATION CENTER (CRC) 155 E. ST. CHARLES ROAD, ELMHURST

PROGRAMS

The following programs are held at Centennial Recreation Center (CRC).

Pre-registration is required.

Call 630-993-8193 to reserve your spot.

Tax Preparation

Ages 60 and up

This program, for simple tax returns, is sponsored by AARP. Registration is required. You **MUST** bring a copy of last year's tax return. Also, bring all necessary papers such as tax forms received in the mail, statements of income and all legally deductible expenses. Appointments will be held 9 am–Noon, Monday–Thursday at Centennial Recreation Center beginning February 1 and ending April 14. Make your appointment online at www.epd.org. For more information or to schedule an appointment by phone, contact the Elmhurst Park District at (630) 993-8193. Appointment scheduling began December 1.



NEW! ReThink Retirement: Senior Living Options

Ages 50 and up

This program will educate seniors and their families about the retirement housing options available to them. Presented by Chip Dell, Director of Sales at Park Place of Elmhurst, the presentation explains the benefits and value of Life Care, Rentals, and Active Retirement Communities along with the risks of staying at home or downsizing to a condo/townhome.

RW16433-01 F 1/27 10–11am

NEW! Accessible Transportation Options

Ages 50 and up

Accessible Metra, Pace and CTA buses and trains are easy to use and the Regional Transportation Authority (RTA) would love to show you how! Topics covered will include: local public transportation options, accessibility features on CTA, Pace, and Metra, RTA's reduced Fare and Ride Free Programs, travel safety tips, RTA's Free Travel Training Program and Q&A sessions with an RTA Representative.

RW16434-01 F 2/3 10–11 am



DID YOU KNOW?

DID YOU KNOW THAT CRC MEMBERS CAN REGISTER OVER THE PHONE FOR PROGRAMS AND EVENTS BY CALLING 630-993-8193? HAVEN'T VISITED CRC YET? GIVE US A CALL TO SCHEDULE A TOUR OR STOP BY AND WE'LL BE HAPPY TO SHOW YOU AROUND!

CRC Drop-In Groups

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

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 CRC 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.

TRIPS

Leave the driving to us and find your fun on one of our next trips! Additional trip details can be found on **page 21 of the EPD Winter Brochure**. Travelers must be ages 21 and up to participate in the following trips.



Starved Rock – Discover the Eagles Trolley Tour

Thursday, February 2, 9 am–5pm

Grab your binoculars and warm clothes and join us as we try to get a glimpse of these majestic birds in their natural environment. We'll begin our day with a delicious hot lunch at the Starved Rock Lodge. Next, we'll board a trolley with our own tour guide for a scenic ride in search of eagles. An eagle presentation at the Illinois Waterway Visitor Center is also included. **Registration deadline is January 11.**

Code: RW20317-01 Fee: \$94R/\$99NR



NEW! Into the Woods at Paramount Theatre

Wednesday, February 15, Noon – 5 pm

Join a baker and his barren wife as they journey through the woods on a magical journey to reverse a spell cast by an evil witch. Throw in Little Red Riding Hood, Jack and the Beanstalk, Rapunzel and Cinderella and you have one of the most astounding and original fairytale retellings the stage has ever seen. **Registration deadline is January 13.**

CODE: RW20404-01 Fee: \$49R/\$54NR



Minimal Walking



Some Walking

EVENTS

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

Bingo

Ages 62 and up

Monthly Bingo with prizes for the winners and a special gift for those with a birthday that month.

Fee: Free for CRC Member;
\$2R Non-Member/\$3NR Non-Member

RW16400-01 F 1/13 10-11:15 am
RW16400-02 F 2/10 10-11:15 am

NEW! Chocolate Lover's Bingo

Ages 62 and up

This special themed Bingo is sponsored by Wisdom Eldercare and they'll be providing refreshments and Bingo prizes for our chocolate themed event. **While free to attend, pre-registration is required.**

RW16432-01 Tu 2/14 2-3 pm

Game On!

Ages 55 and up

Get your Game On each month as we play a different game. Coffee will be provided, feel free to bring a snack. January game: Yahtzee. February game: TriBond. Instructor: Tracy D'Alessandro.
Fee: \$10R/\$12NR

RW16444-01 Th 1/19 1:30-3 pm
RW16444-02 Th 2/16 1:30-3 pm

Monthly Luncheons

Ages 62 and up

Join us for an afternoon of song, dance, food and fun during our monthly luncheon program. In January you'll get warmed up at our Jammin' January Beach Party with entertainment by Sandi Haynes. In February, Rick Pickren's "Songs of Love and Romance" program is sure to warm your heart. **Registration and cancellation deadline is the Friday before.**

Fee: \$20 CRC Member;
\$23R Non-Member; \$25NR Non-Member

Jammin' January Beach Party

RW16403-01 F 1/20 11:30 am-1:30pm

Valentine's Day Party

RW16404-01 F 2/24 11:30 am-1:30pm



We hope you have
a Happy, Safe and
Healthy Holiday Season
and New Year!

**THE CENTENNIAL
RECREATION CENTER (CRC)
WILL BE CLOSED:**

Monday, January 2

In Observance of New Year's Day

Monday, February 20

In Observance of President's Day

ART

The following art programs are available for ages 18 and up and are open to all skill levels. All classes cost \$22R/\$27NR (unless indicated otherwise) and include all materials. Classes are held at Centennial Recreation Center (CRC) and **pre-registration is required.**

Recreating the Masters

Art schools have for many years encouraged students to copy the works of other artists as a way to experience the techniques and colors they used. You will be doing the same in this class, working with acrylics, on canvas. Step by step instruction will be provided as you recreate a work of art! Instructor: Colleen Koziara



Untitled work of art by Janet Dosenberry
RW01308-01 M 1/16 9:30-11:30 am



March Evening by James Edward Hervey Macdonald
RW01308-02 M 2/13 9:30-11:30 am

NEW! Recreating the Masters - Evening Edition

Similar to our daytime series, the evening edition will also recreate Master's works of art, but the focus will be on abstracts, animals, cubism, nudes, myth, legend, primary colors and monochromes. Instructor: Colleen Koziara



Untitled work by Tom Fedro
RW01327-01 W 2/8 6:30-8:30 pm

NEW! Art! Art! Where Do I Start?!

If you've ever thought about taking up painting or drawing but weren't sure where to begin, this informative workshop is for you. Art instructor Colleen Koziara will go over what you need, what you don't need, and how to use it for drawing with pencils, pastels, and watercolor pencils, or painting with watercolors, acrylics or oils.
Fee: \$44R/\$49NR

RW01326-01 M 1/23-1/30 4-7pm

ART



NEW! Winter Barn - Watercolor Painting Class

Work with wet on wet and dry brush watercolor techniques as you apply colors and mix paints in this fun watercolor class! The painting will be of a beautiful snowy winter scene with barn. Instructor: Marie Strauch

RW01321-01 W 1/25 10am-Noon

NEW! Cardinal in the Snow - Watercolor Painting Class

Join us as we learn to paint a mama cardinal braving the elements of a winter storm. Learn to use loose watercolor brush strokes and several different brushes in this painting. You might even try some splattering for snowy effects! Instructor: Marie Strauch

RW01322-01 W 2/22 10am-Noon

CRC MEMBERSHIP RENEWAL GOING ON NOW FOR 2023!

CRC Membership is an annual membership program offering fun for those ages 62+. CRC also offers a number of programs, events and trips available at an additional fee. These fees are charged to cover the costs of running the programs including, but not limited to, instructors, supplies, catering, entertainment, and transportation for trips. Fees and registration information for specific programs and events can be found with the descriptions for those activities.

HEALTH & FITNESS

Health, Fitness and Wellness classes are held at CRC and are open to those ages 50 and up unless otherwise noted. **Pre-registration is required.**

NEW! Stroll & Roll

The gym at Centennial Recreation Center will be available on Mondays & Thursdays from 9-10:30 am for those that are looking to get out and get moving over the winter months. This time will be set aside strictly for walking and all abilities are welcome to participate. Daily use fees and discounted punch cards are available.

Daily Use Fee: \$2.50R/\$3NR

Discounted Stroll & Roll Punch Card: 10 punches for \$20R/\$25NR

NEW! Senior Daytime Hula

This class is open to women and men 50+ who want to have fun and get some gentle exercise. We'll explore the basic technique of Hawaiian hula dancing with a focus on footwork and motions to tell the story and emotions of the beautiful songs. No dance experience necessary and modifications will be made so that everyone can participate comfortably. Loose fitting attire is recommended. Instructor: Donna Kajtsa

Fee: \$96R/\$120NR

RW06421-01 W 1/11-3/1 11am-Noon

Chair Yoga

This hour-long class is specifically designed to provide the full benefit of yoga while being carefully modified. The focus of the class is on improved breath and lung capacity; improved posture and core strength; joint flexibility and range of motion expansion. Instructor: Colleen Koziara

Fee: \$55R/\$60NR

RW16410-01 M 1/9-2/13 2:30-3:30 pm

Line Dancing

This class is filled with easy, fun dances to great country & non-country songs. Participants will be taken through basic line dance steps the first class and will build on their knowledge each week until they are completing a variety of line dances. Taught by experienced line dance instructor "Boot Scootin' Judy Rice".

Fee: \$30R/\$35NR

RW16426-01 Tu 1/10-2/14
11:30am- 12:30pm

HEALTH & FITNESS

Feel Better: Holistic Wellness Workshops Ages 18 and up

These holistic, evidence-based and person-centered workshops are designed to encourage positive changes in every aspect of your life. Tools that will be introduced include, but are not limited to, the elements of yoga, tai-chi/qi-gong, meditation, breath-work and therapeutic movement. Discussions and activities will focus on the topics of nutrition, stress management, social interactions, positive mindset and self-love just to name a few. Check the EPD Winter Brochure for a more detailed class description. Instructor:

Beata Macias

Fee: \$120R/\$125NR

RW01324-01 W 1/11-2/22 1-2:30 pm
(no class 2/1)

RW03124-03 M 1/9-2/13 6-7:30 pm

T'AI CHI FOR HEALTH WILL RETURN IN MARCH!

2023 CRC MEMBERSHIP RENEWAL 62+ \$30R/\$40NR



Community

Find your community
at the CRC



Perks

Receive this seasonal
newsletter, phone registration,
and discounted member pricing
on luncheons



Free BINGO

Play BINGO for free!
And get a prize for
your birthday