



March

9 Pie F.
18 Kathy M.
28 Frances M.
29 Melanie P.
29 Marlene S.
30 Cheryl J.

April

7 Janice D.
17 Warren F.
19 Evelyn F.
21 Patricia G.
21 Lucretia L.
22 Joyce B.



Centennial Connection

NEWSLETTER

A letter from Amy

I am writing this letter on a bitterly cold day in January. It is currently -2 degrees out and I am really hoping that by the time you are reading this the cold is behind us and spring is in sight.

Tax appointments are in full swing and if you've not yet made an appointment, and you typically take advantage of this free program offered by AARP, please give us a call at 630-993-8193 to reserve a spot. Appointments are held 9 a.m. – Noon, Monday – Thursday at the Kies Recreation Center and will end on April 10.

While we have several new trips planned for the spring season, be sure to check out our new Churches & Chocolates tour on April 15. This trip to Milwaukee includes tours of some of the most beautiful churches in the area, lunch, and a visit to a local chocolatier. More details can be found on page 29 of the Winter/Spring EPD brochure and in this newsletter.

Please remember to sign up early for programs and trips. If a program doesn't have the minimum enrollment to run by 1 week from its start date, it will be in jeopardy of being cancelled. We ask that you sign up early, and register for free events as well, so that we can plan for supplies, refreshments, and any other materials needed.

And don't forget about the many community events happening as well. The Spring Road St. Patrick's Day Parade will be held March 8, and EPD will be hosting a number of egg hunts to help you celebrate Easter and ring in the spring season! Be sure to check out the Adult Egg Hunt at 10 am on March 15 (registration required) with \$500 in cash prizes! More details can be found at epd.org.



Amy Strail

PROGRAM SUPERVISOR
(630) 993-8961

Mondays

11 am–2:30 pm	Pinochle
11:30 am–12:30 pm	MFS Open Walk-in Hours
2:30–3:30 pm	Chair Yoga*
3:45–4:15 pm	Learning to Enjoy Meditation*
5–6 pm	Starlight Flow*

Tuesdays

10 am–3 pm	Quilters
10:30–11:30 am	Line Dancing (Continuing)*
11:30 am–12:30 pm	Line Dancing (Beginner)*
11:30 am–12:30 pm	MFS Open Walk-In Hours
1:30–3:30 pm	Memoir Writing*

Wednesdays

11 am–Noon	T'ai Chi*
Noon–3 pm	Quilters

Thursdays

Noon–4 pm	Duplicate Bridge
7–8 pm	Gentle Yoga*

Fridays

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

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

9640 F 3/7 10-11:15 am
9641 F 4/4 10-11:15 am

Sponsored by



NEW! Lips & Tips

Ages 50 and up
Pamper yourself as you are led through this fun, short, and interactive workshop. This program will provide education on skin care and makeup. Participants will enjoy a lip and hand treatment and finish it off with a lipstick sample. Program is led by a Mary Kay consultant; however, no products will be sold at the workshop.
Fee: \$5R/\$10NR

10052 F 3/14 10-11 am

St. Patrick's Day Party

Ages 50 and up
Celebrate the joyful wearing o' the green! We're spending the afternoon with Maureen Christine as she entertains us with some of our favorite Irish tunes and your special requests. Of course we'll have a catered traditional Irish feast. So put on some green and spend the afternoon with friends for some great music, food and fun! **Registration and cancellation deadline is the Friday before.**
Fee: \$20M/\$25NM

9897 F 3/21 11:30 am-1:30 pm



Kentucky Derby Luncheon

Ages 50 and up
We're off to the races this month! The official derby is right around the corner, so why not get in the spirit of things with a delicious lunch and betting on your favorite horses in an interactive horseracing game for prizes. Don't forget to wear your best derby attire, fancy hat or bowtie. **Registration and cancellation deadline is the Friday before.**
Fee: \$20M/\$25NM

9898 F 4/25 11:30 am-1:30 pm

Sponsored by



April

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginning*	2 9-Noon Tax Prep* Noon – Quilters	3 9-Noon Tax Prep* Noon – Duplicate Bridge	4 10 Bingo*	5
6	7 9-Noon Tax Prep* 11 Pinochle 5 Starlight Flow* 6 Pickleball Advanced Beginner* 6 Adobe Photoshop*	8 9-Noon Tax Prep* 10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginning* 6 Pickleball Beginner*	9 9-Noon Tax Prep* 11 Tai Chi* Noon – Quilters 6 Cooking with Tara – Southern US* 6:30 Porch Leaner*	10 9-Noon Tax Prep* Noon – Duplicate Bridge 7 Gentle Yoga*	11	12
13	14 11 Pinochle 2:30 Chair Yoga* 3:45 Meditation* 5 Starlight Flow* 6 Pickleball Beginner* 6 Adobe Photoshop* 6:30 Watercolors*	15 9 Churches & Chocolates Trip* 10 Quilters 1:30 Memoir Writing* 6 COD Breathing & Relaxation Class* 6 Pickleball Beginner*	16 11 Tai Chi* Noon – Quilters 5 COD Cooking Class*	17 9 AARP Smart Driver* Noon – Duplicate Bridge 7 Gentle Yoga*	18 9 AARP Smart Driver*	19
20 Easter Sunday	21 11 Pinochle 2:30 Chair Yoga* 3:45 Meditation* 5 Starlight Flow* 6 Pickleball Beginner* 6 Adobe Photoshop*	22 10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginning* 1:30 Memoir Writing* 6 Pickleball Beginner*	23 10 Watercolors* 11 Tai Chi* Noon – Quilters 6 Candle Making*	24 Noon – Duplicate Bridge 7 Gentle Yoga*	25 11:30 Kentucky Derby Luncheon*	26 9-Noon Courts Plus Health Fair
27	28 11 Pinochle 2:30 Chair Yoga* 3:45 Meditation* 5 Starlight Flow* 6:30 Watercolors*	29 10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginning* 1:30 Memoir Writing* 6:30 Cooking – Mexican Fiesta*	30 11 Tai Chi* Noon – Quilters			

*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.

March							2025
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
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2	3 9-Noon Tax Prep* 11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga* 3:45 Meditation* 5 Starlight Flow*	4 9-Noon Tax Prep* 10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginning* 6 Photography I – Digital Beginner*	5 9-Noon Tax Prep* 11 Tai Chi* Noon – Quilters Noon – Paramount Trip – Waitress* 12:45 Bingocize** 6:30 Acrylic Adventures*	6 9-Noon Tax Prep* Noon – Duplicate Bridge 7 Gentle Yoga*	7 10 Bingo*	8 Noon – Spring Rd. St. Pat’s Parade	
9	10 9-Noon Tax Prep* 11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga* 3:45 Meditation* 5 Starlight Flow* 6 Pickleball Beginner* 6:30 Watercolors*	11 9-Noon Tax Prep* 10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginning* 6 Photography I – Digital Beginner* 6 Pickleball Advanced Beginner*	12 9-Noon Tax Prep* 11 Tai Chi* Noon – Quilters 12:45 Bingocize** 6 Cooking with Tara – Brazil*	13 9-Noon Tax Prep* Noon – Duplicate Bridge 7 Gentle Yoga*	14 10 Lips & Tips*	15 10 – Adult Egg Hunt at Berens Park	
16	17 9-Noon Tax Prep* 11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga* 3:45 Meditation* 5 Starlight Flow* 6 Pickleball Beginner*	18 9-Noon Tax Prep* 10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginning* 6 Pickleball Advanced Beginner*	19 9-Noon Tax Prep* 11 Tai Chi* Noon – Quilters 12:45 Bingocize** 6 Candle Making* 6:30 Charcuterie Board*	20 9-Noon Tax Prep* Noon – Duplicate Bridge 7 Gentle Yoga*	21 11:30 St. Patrick’s Day Party	22	
23	24 9-Noon Tax Prep* 11 Pinochle 2:30 Chair Yoga* 3:45 Meditation* 5 Starlight Flow* 6 Pickleball Beginner* 6:30 Watercolors*	25 9-Noon Tax Prep* 10 Quilters 10:30 Line Dancing – Continuing* 11:30 Line Dancing – Beginning* 6 Pickleball Advanced Beginner*	26 9-Noon Tax Prep* 10 Watercolors* 11 Tai Chi* Noon – Quilters 1 COD Cooking Class*	27 9-Noon Tax Prep* Noon – Duplicate Bridge 7 Gentle Yoga*	28	29	
30	31 9-Noon Tax Prep* 11 Pinochle 2:30 Chair Yoga* 3:45 Meditation*		<div> <div>*Pre-registration required. Additional fee may apply. EPD program. Call 630-993-8193 for more information or to register.</div> <div>**Pre-registration required. Metropolitan Family Services program. Call 331-871-5537 for more information or to register.</div> </div>				

PROGRAMS

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.

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

9667 Tu 4/15-5/20 1:30-3 pm



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!





PROGRAMS

Charcuterie Board

Create and build your very own charcuterie board! Learn tips and tricks to make a stand-out, amazing board your friends and family will love! Take home your beautiful wooden board with all the fixings. Bonus: Cannoli making station. **Registration deadline is one week prior to class date.**

Fee: \$85R/\$95NR

10238 W 3/19 6:30–8 pm

Mexican Fiesta

Make homemade salsa, salsa chicken lettuce wraps, and a delicious tres leche cake while listening to authentic music and enjoying a special non-alcoholic beverage in class.

Registration deadline is one week prior to class start date.

Fee: \$55R/\$65NR

10239 Tu 4/29 6:30–8 pm



Cooking with Tara

Join Chef Tara Humphrey of the Global Peel as she explores culture through cooking. Learn history, eat dinner, and share our common story with your fellow students. Great food and life skills to carry forward. We are all family around food.

Fee: \$90R/\$113NR

Brazil

10913 W 3/12 6–9 pm

Southern US

10914 W 4/9 6–9 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



metropolitan family services™

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.

RELAXATION TRAINING



Mondays and Wednesdays, 1:45–2:15 p.m.

A 30-minute session where participants will practice breathing exercises, meditation and other mindful activities. Be sure to sign up for the Elmhurst Park District *Chair Yoga* program that immediately follows *Relaxation Training* on Monday to bring your state of relaxation to a whole new level!

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 a.m.

A 90-minute support group for caregivers of older adults and individuals with disabilities to get answers, share experiences and find support.

Class is available in-person and via Zoom



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 in trips.



NEW! Churches and Chocolates

On this unique tour, we'll visit three of Milwaukee's beautiful churches for a 30-minute docent-led tour at each. We'll also enjoy a generously portioned, sit-down lunch, and we'll visit a local chocolatier to learn more about their craft and receive in-store samples to enjoy along with take-home treats and shopping time. There will be minimal walking on this trip; however, participants will need to be able to enter/exit the bus multiple times during the day and stand for periods of time. Fee includes transportation, step on guide, tours and donations at each church, lunch & gratuity, and samples and take-home treats at the chocolatier. **Registration deadline is 3/28.** **Fee:** \$159R/\$164NR

9891 Tu 4/15 9 am–5:30 pm



NEW! Magic Meadows Alpacas

Magic Meadows Alpacas is a sustainable working farmette in northern Illinois. 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

TRIPS WALKING KEY



Minimal Walking



Some Walking



Moderate Walking

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

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

Lucky Clover

9874 M 3/10 6:30–8:30 pm

Cherry Blossoms

9868 W 3/26 10 am–Noon

Robin's Nest

9875 M 4/14 6:30–8:30 pm

Tulips

9869 W 4/23 10 am–Noon

NEW! Watercolor Workshop

Focus on techniques to boost your skills in watercolor. This class will focus on pigment powders, and you'll learn how to use them to achieve interesting effects in your watercolor paintings. You'll also explore different techniques and create a unique finished painting.

Fee: \$25R/\$30NR

10507 M 4/28 6:30–8:30 pm

NEW! 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 evening's featured painting. You'll go home with a work of art that you'll be proud to display. March's painting will be Van Gogh Starry Night Lake View. **Registration deadline is two weeks prior to class date.** **Fee:** \$49R/\$54NR

9988 W 3/5 6:30–8:30 pm

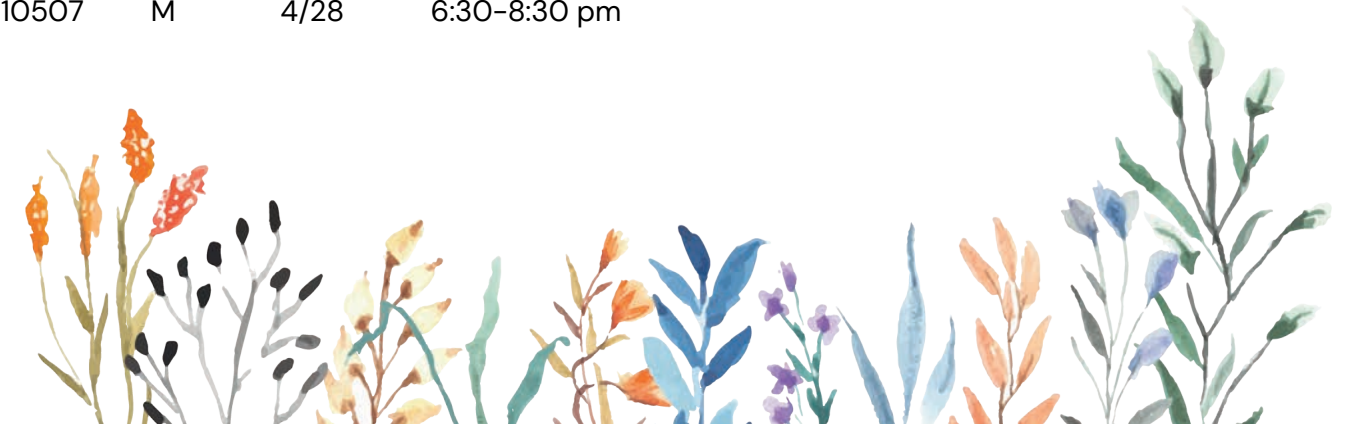
Candle Making Workshops

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.

Fee: \$20R/\$30NR

9657 W 3/19 6–8 pm

9658 W 4/23 6–8 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

9650	Tu	3/4-4/8	11:30 am–12:30 pm
9651	Tu	4/22-5/27	11:30 am–12:30 pm

Continuing Class

9653	Tu	3/4-4/8	10:30–11:30 am
9654	Tu	4/22-5/27	10:30–11:30 am

Tai Chi

Tai Chi exercises emphasize energy circulation, breathing and balance, along with mindfulness and concentration. You can practice these exercises while standing, seated or even lying down, making this class suitable for all ages and abilities. Recommended for overall wellness, Tai Chi practice can help with balance, alignment, and stress reduction. **No class 4/2.**

9882	W	3/5-4/9	11 am–Noon	\$59R/\$64NR
9883	W	4/16-5/21	11 am–Noon	\$69R/\$74NR

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.

Fee: \$57R/\$62NR

9645	M	2/24-3/31	2:30–3:30 pm
9646	M	4/14-5/19	2:30–3:30 pm



New! Learning to Enjoy Meditation

Join us for a peaceful 30-minute meditation time. Open to all levels of experience, sessions will include instruction as needed and will cover a variety of meditation modalities tailored to the needs of those enrolled in each class. Instructor has been practicing and teaching Meditation since 2010 and is a certified Energy Touch Healer and Hypnotherapist.

Fee: \$30R/\$35NR

10056	M	2/24-3/31	3:45–4:15 pm
10057	M	4/14-5/19	3:45–4:15 pm



NEW! Starlight Flow

An hour of self-discovery, lowering cortisol levels in the body, and resetting the nervous system. The class begins with breathwork before moving into a vinyasa style flow to strengthen the core. Cool down includes somatic movements and stretches to prepare for a meditative rest. This is a beginner to moderate level class. Please bring a yoga mat to class. **No class 3/31 or 5/26.**

Fee: \$109R/\$114NR

10267	M	3/3-4/14	5–6 pm
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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

9886	Th	3/6-4/17	7–8 pm
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