

May 2023 | Centennial Recreation Center | Elmhurst Park District

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11 am Pinochle 1:45 pm Mindfulness** 2:30 pm Chair Yoga*	2 10 am Quilters 10:30 am Line Dancing* (continuing) 11:30 am Line Dancing* (beginner) 6:30 pm Retirement Seminar*	3 9 am Fall Prevention* 10:15 am Mindfulness** 11 am T'ai Chi* 12 pm Quilters 12 pm Red Hats	4 12 pm Duplicate Bridge	5 11:45 am Mindfulness**	6 Art in the Park – Wilder Park
7 Art in the Park – Wilder Park	8 9:30 am Recreating the Masters* 11 am Pinochle 1:45 pm Mindfulness** 2:30 pm Chair Yoga*	9 10 am Quilters 10:30 am Line Dancing* (continuing) 11:30 am Line Dancing* (beginner)	10 10:15 am Mindfulness** 11 am T'ai Chi* 12 pm Quilters	11 12 pm Duplicate Bridge	12 10 am Bingo* 11:45 am Mindfulness** 12:30 pm Mental Flexibility**	13
14	15 9:30 am CRC Striders* 11 am Pinochle 1:45 pm Mindfulness** 2:30 pm Chair Yoga*	16 10 am Quilters 10:30 am Line Dancing* (continuing) 11:30 am Line Dancing* (beginning)	17 10:15 am Mindfulness** 11 am T'ai Chi 12 pm Quilters 1 pm The Second Mrs. Ringling* 1 pm Holistic Wellness* 6:30 pm Recreating the Masters*	18 12 pm Duplicate Bridge 6 pm Rethink Retirement*	19 11:45 am Mindfulness**	20
21	22 9:30 am CRC Striders* 11 am Pinochle 1:45 pm Mindfulness** 2:30 pm Chair Yoga*	23 10 am Quilters 10:30 am Line Dancing* (continuing) 11:30 am Line Dancing* (beginning)	24 10 am Watercolors* 10:15 am Mindfulness** 11 am T'ai Chi* 12 pm Quilters 1 pm Brain Games* 1 pm Holistic Wellness* 3:30 pm Fitzgerald's Fish Boil Trip*	25 12 pm Duplicate Bridge	26 11:30 am Festival Italiano Luncheon* 11:45 am Mindfulness** 12:30 pm Mental Flexibility**	27 East End Pool Opening Day
28	29 CRC Closed in Observance of Memorial Day Memorial Day Parade (Third & Addison)	30 10 am Quilters	31 10:15 am Mindfulness** 11 am T'ai Chi* 12 pm Quilters 1 pm Holistic Wellness*	<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>		

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 12 pm Duplicate Bridge CRC ½ Price Membership Sale Starts Today!	2 11:45 am Mindfulness** 11:30 am Chicago Fireboat Trip*	3
4	5 9:30 am CRC Striders* 11 am Pinochle 1:45 pm Mindfulness** 2:30 pm Chair Yoga* 6:15 pm Meditation*	6 10 am Quilters 10:30 am Line Dancing* (continuing) 11:30 am Line Dancing* (beginning)	7 10:15 am Mindfulness** 11 am T'ai Chi* 12 pm Quilters 12 pm Red Hats 6 pm Photography* 6:30 pm Recreating the Masters*	8 12 pm Duplicate Bridge	9 10 am Bingo* 11:45 am Mindfulness** 12:30 pm Mental Flexibility**	10 Smalley Pool Opening Day
11	12 9:30 am Recreating the Masters* 9:30 am CRC Striders* 11 am Pinochle 1:45 pm Mindfulness** 2:30 pm Chair Yoga* 6:15 pm Meditation*	13 10 am Quilters 10:30 am Line Dancing* (continuing) 11:30 am Line Dancing* (beginning)	14 10 am Rules of the Road* 10:15 am Mindfulness** 11 am T'ai Chi* 12 pm Quilters 6 pm Photography*	15 12 pm Duplicate Bridge	16 11:45 am Mindfulness** 10 am CRC 1 Year Birthday Bash* 7:30 pm Movie in the Park – Wilder Park	17
18	19 9:30 am CRC Striders* 11 am Pinochle 1:45 pm Mindfulness** 2:30 pm Chair Yoga* 6:15 pm Meditation*	20 10 am Quilters 8:30 am Dinos, Dining & Drives Trip* 10:30 am Line Dancing* (continuing) 11:30 am Line Dancing* (beginning)	21 10:15 am Mindfulness** 11 am T'ai Chi* 12 pm Quilters 6 pm Photography*	22 12 pm Duplicate Bridge	23 11:30 am Patriotic Party* 11:45 am Mindfulness** 12:30 pm Mental Flexibility**	24
25	26 9:30 am CRC Striders* 11 am Pinochle 1:45 pm Mindfulness** 2:30 pm Chair Yoga* 6 pm Digital Camera Class* 6:15 pm Meditation*	27 10 am Quilters 10:30 am Line Dancing* (continuing) 11:30 am Line Dancing* (beginning)	28 10:15 am Mindfulness** 12 pm Quilters	29 12 pm Duplicate Bridge	30 11:45 am Mindfulness**	

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