



November December

- **1** Leo W.
- **3** Gail H. **15** Joyce F.
- **16** Lilita K.
- 18 Carol R.
- 18 Rosemary D.
- **20** Yumin C.
- 22 Sandra C.
- 29 Gloria C.
- **14** Virginia P. **16** Deli F.
- **19** Mary C M.

1 Ed H.

1 Brenda W. 7 Lynda M.

7 Renee W.

9 Marilyn F.

11 Moira M.

12 Carol H.

11 Mary Lou C.

- **20** Blake M.
- 26 Sharon G.
- 26 Charlotte M.
- 27 Theresa W.
- 31 Perry D.
- 31 Marlene W.

ELMHURST PARK DISTRICT | NOVEMBER/DECEMBER 2023 **Centennial Connection** Newsletter

A letter from Amy

It is a beautiful late-September evening as I write this letter and it's hard to believe that another year is almost over, and this is the last newsletter of 2023. A lot has happened this year. CRC was renamed Kies Recreation Center and celebrated it's 1 year anniversary. At that event the EPD received a grant to redo the gym floor and the kitchen and work will begin on both projects in late December. A new bench was installed near the parking lot for those waiting for rides courtesy of the Lions Club and automatic doors were installed at our main entrance. Both Metropolitan Family Services and EPD programs have grown in not just variety, but participation, and our center continues to attract more new members and friends.

Speaking of members, renewal for membership is underway and will remain just \$30 for Residents and \$40 for Non-Residents for 2024. Membership will continue to include our monthly Bingo program for FREE, the newsletter mailed to your home, discounted member pricing on monthly luncheon fees, and phone registration privileges.

By the time you are reading this newsletter, our annual Holiday Gala will probably only be a few short weeks away. Be sure to register early and let us know if you'd like to share a table with anyone. We'll have a great catered meal, entertainment by the StingRays (back by popular demand), and raffle baskets with tickets for sale at the event. And if I had to guess, I'd say we'll probably have a visit from a very special someone since we've all been especially good this year.

As always, I hope to see you at an event, program, or on a trip soon and if not, please stop in just to say hello if you're in the area. I look forward to celebrating the upcoming holidays with you all and ringing in another new year!



PROGRAM SUPERVISOR 🕻 (630) 993-8961

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MARY E. KIES RECREATION (KRC) LOCATED IN CENTENNIAL PARK 155 E. ST. CHARLES ROAD, ELMHURST REGISTRATION PHONE NUMBER: (630) 993-8193

Weekly Activities at KRC

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МС	ONDAYS
9:30-10:30 am	Striders*
11 am-2:30 pm	Pinochle
1:45-2:15 pm	Mindfulness*
2:30-3:30 pm	Chair Yoga*
TUE	SDAYS
10 am–3 pm	Quilters
10:30–11:30 am	Line Dancing* (Continuing/ Advanced Beginner)
11:30 am-12:30 pm	Line Dancing* (Beginner)
WEDI	NESDAYS
10:15–10:45 am	Mindfulness*
11 am-Noon	T'ai Chi for Health*
Noon-3 pm	Quilters
Noon-3 pm	Red Hats (1st Wed of the month)
THU	RSDAYS
9:30-10:30 am	Striders*
10:45-11:45 am	Strength & Stretch*
Noon-4 pm	Duplicate Bridge
FR	IDAYS
Varies	Special & Monthly Events
11:45 am-12:15 pm	Mindfulness*
12:30-1:30 pm	Mental Flexibility* (2nd and 4th Friday of the month)

*Pre-registration required. Additional fee may apply.

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.

Rules of the Road

If your license is due for renewal this year, be sure to take advantage of this FREE refresher course offered by the Secretary of State's office. Laws change, signs change – do not get caught unprepared. **Pre-registration is required.**

RF16407-02 W 12/13 10am-Noon



FREE NEW! Coffee & Conversations with Advocate Health

Ages 50 and up

Join doctors from Advocate Health each month as they lead presentations on various wellness topics. These are informational sessions and there will be time for questions and discussion. **While FREE to attend, preregistration is required.** Topics: November – Diabetes, December – Digestive Health.

RF16452-03F11/1011:45am-1:45pmRF16452-04F12/811:45am-1:45pm

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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.

Mindfulness

A 30-minute session where participants will practice breathing exercises, meditation and other mindful activities. Mondays from 1:45-2:15 p.m. and Wednesdays 10:15-10:45 a.m. Be sure to sign up for the Elmhurst Park District Chair Yoga or T'ai Chi programs that immediately follow Mindfulness to bring your state of relaxation to a whole new level!

Bingocize

Bingocize is a 10-week, evidencebased 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.



All programs are held at Mary E. Kies Recreation Center (KRC) 155 E. St. Charles Rd., Elmhurst.

metropolitan family services

Mental Flexibility



An hour-long class where participants will learn how to be mentally flexible in order to live fully with life's pressures, such as stress, illness, anxiety, depression, aging issues, chronic pain and more. Class meets the 2nd and 4th Friday of the month from 12:30-1:30 p.m. Zoom and in-person attendance available.

Caregiver Support Group

A 90-minute support group for caregivers of older adults and individuals with disabilities to get answers, share experiences and find support. Group meets every 2nd and 4th Thursday from 10-11:30 a.m. Zoom and in-person attendance available.

TRIPS

NEW! Christmas Bakery Bus–Chicago Tuesday, December 5, 9 am - 5 pm



transportation, step on guide, guide gratuity, samples, and lunch. Registration deadline in November 19.



Moderate

Walking

RF20334-01 **Fee:** \$169R/\$174NR



DROP-IN GROUPS

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

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.



FREE NEW! Smoky the War Dog

Ages 50 and up

November is the time to honor our veterans. both human and animal alike. Join us for a special presentation on The Story of Smoky the War Dog. From a lucky chance discovery at the bottom of an abandoned fox hole during WWII, to becoming a famous entertainer, a decorated war hero, and the world's first official Therapy Dog of record, this story is nothing short of amazing. Sponsored by Park Place of Elmhurst, the presentation is free to attend, however, space is limited, and preregistration is required. Registration deadline is October 27.

RF16454-01 F 11/310-11:30am

Sponsored by



PROGRAMS

NEW! Cooking with Maria: **Charcuterie Board Making Class**

Ages 21 and up

Join Maria V for an interactive and engaging experience! Create your very own Charcuterie Board with all the delicious meats and cheeses and fabulous additions! Learn tips and tricks to make a standout amazing board that your family and friends will love. Registration deadline is one week before class date. Fee: \$90R/\$100NR

RF01328-01	Th	11/2	6:30-8pm
RF01328-02	Th	12/12	6:30-8pm



HEALTH & FITNESS

A R T

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 the Kies Recreation Center and **pre-registration is required.**

Recreating the Masters

Art schools have for many years encouraged students to copy the works of other artists 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 create a work of art. Instructor: Colleen Koziara



 Breath of Fresh Air: Thanksgiving

 RF01301-03
 M
 11/13
 9:30-11:30 am



The Magpie by Claude Monet RF01301-04 M 12/11 9:30-11:30 am



NEW! Evening Acrylic Painting Classes

by step instructions as you crate your own

free to bring a non-alcoholic beverage and

Join artist Coleen Koziara as she provides step

work of art. You will be working in acrylics, on

canvas, and all supplies will be provided. Feel

11/8

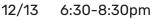
Untitled RF01324-03 W

snack to class.

6:30-8:30pm



Holiday Gnome RF01324-04 W



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!



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 & dance clubs in the Chicago area. Dances are simple for beginners & you will dance to country & non-country songs. The continuing class is for those that have successfully mastered beginning line dancing and are ready for more challenging dances. **Fee:** \$30R/\$35NR

Beginner

RF16430-02 Tu 10/31-12/12 11:30am-12:30pm Sponsored by

Continuing/Advanced Beginner RF16430-04 Tu 10/31-12/12 10:30-11:30am

Chair Yoga

Specifically designed to provide the full benefit of yoga while being carefully modified for those with osteoporosis, osteoarthritis, and back injuries. Class will focus 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 the brain. Each class concludes with a short, guided relaxation and meditation. Instructor: Colleen Koziara **No class November 27.**

Fee: \$55R/\$60NR

RF16410-02 M 11/6-12/18 2:30-3:30pm



EVENTS

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

Bingo

Ages 62 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 that month's Bingo sponsor.

- Fee: FREE for Members;
- \$2R Non-Member/\$3NR Non-Member

RF16400-03	F	11/10	10-11:15am
RF16400-04	F	12/8	10-11:15 am





Thanksgiving Luncheon *Ages 62 and up*

Join us at Mary E. Kies Recreation Center to give thanks and celebrate with friends. We'll enjoy a catered traditional Thanksgiving meal and then be entertained by the music of

and then be entertained by the music of Charles Pansino. Bring a canned good for the food drive if you'd like. Registration and cancellation deadline is the Friday before. **Fee:** \$20 Member;

\$23R Non-Member/\$25NR Non-Member

RF16405-01 F 11/17 11:30am-1:30pm

EVENTS



Holiday Gala Ages 62 and up

Back by popular demand, The StingRays will be performing at this year's Holiday Gala! This band will have you dancing in your seat, if not out on the dance floor, as they entertain us with a great variety of our favorite tunes. Event includes a delicious lunch, entertainment, a visit from a very special someone, and raffles (tickets available for purchase at the event). Registration and cancellation deadline is December 1. Fee: \$30 Members:

\$35 R Non-Member/\$40 NR Non-Member

RF16409-01 Th 12/14 11:30am-2:30pm



TRIPS

Leave the driving to us and find your fun on one of our next trips! Additional trip details can be found in the EPD Fall brochure and online at www.epd.org. Travelers must be ages 21 and up to participate in the following trips.

NEW! Hollywood Casino Aurora

Thursday, November 2, 10 am - 3 pm Leave the driving to us and discover the excitement of more than 1,000 slot machines and heart pounding action at any of Hollywood Casino's blackjack, mini-baccarat, roulette, and craps games. This is a cooperative trip with the Glen Ellyn Park District, and we will be using their bus for transportation. Please note that the trip fee includes transportation only. Any gambling or food purchases are on your own. Be sure to bring a valid driver's license (not expired) or state ID with you on the day of the trip. Registration deadline is October 19.

RF20335-01 Fee: \$20R/\$25NR

Some

Walking



Moderate

Walking

ART

NEW! Watercolor Painting Classes

Enjoy a morning of watercolor painting! Students will learn various watercolor techniques as they complete their own painting through step-by-step instruction and demonstration. November's class will create a deer, and December's class will paint a snowy landscape. Instructor: Beth Rush.

RF16457-03	W	11/29	10 am-Noon
RF16457-04	W	12/20	10 am-Noon

NEW! Watercolor Holiday Pick-Up **Truck and Tree**

Get ready for the holidays with this adorable truck and tree watercolor painting! Step by step instructions will be given to help you with watercolor techniques and tips. This painting is the perfect proportion to be reduced and made into holiday cards later. This class is for all skill levels. All supplies are provided. Instructor: Marie Strauch.

12/4



RF01330-01 Μ 6:30-8:30 pm



KRC MEMBERS PERK

Register Over the Phone

As a KRC member, you can register for programs and events over the phone!

(630) 993-8193

HEALTH & 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.** More complete descriptions can be found in the Elmhurst Park District Fall brochure.

Striders

This fun walking/fitness club will focus on walking, low impact exercise, stretching, and fun. Suitable for all fitness levels and abilities, class will be led by personal trainer Karen Augustyn. Each class will feature a variety of exercises to provide a total body workout that is different every day. Modifications for all exercises will be available to ensure that participants are able to work at their own pace. Class will meet at the KRC gym and will be held inside and outside (weather permitting).

Fee: \$27R/\$32NR

RF16445-03 M 10/16-11/13 9:30-10:30am RF16445-04 Th 10/19-11/16 9:30-10:30am

Strength & Stretch

This program will focus on a combination of strength work, stretching, and a relaxation through deep breathing and calming the mind and body. Bands will be incorporated to help stretch, strengthen, release, and lengthen the muscles. Instructor: Karen Augustyn Fee: \$27R/\$32NR

RF16456-02 Th 10/19-11/16 10:45-11:45am

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Friday	11:45 am Mindfulness**	10 am Bingo* 11:45 am Coffee & Conversations with Advocate Health 11:45 am Mindfulness** 12:30 pm Mental Flexibility**	11:45 am Mindfulness**			Additional fee may a for more information the more information for more
Thursday		7 12 pm Duplicate Bridge 5:30 pm Tree Lighting – Wilder Park	14 11 am Holiday Gala* 12 pm Duplicate Bridge	21 12 pm Duplicate Bridge	28 12 pm Duplicate Bridge	*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.
Wednesday		6 10:15 am Mindfulness** 12 pm Quilters 12 pm Red Hats	13 10 am Rules of the Road* 10:15 am Mindfulness** 12 pm Quilters 6:30 pm Evening Acrylic Painting Class*	20 10 am Watercolor Painting* 10:15 am Mindfulness** 12 pm Quilters	27 10:15 am Mindfulness** 12 pm Quilters	
Tuesday		5 10 am Quilters 10:30 am Line Dancing – Continuing* 11:30 am Line Dancing – Beginning* Bakery Bus Trip*	12 10 am Quilters 10:30 am Line Dancing – Continuing* 11:30 am Line Dancing – Beginning* 6:30 pm Cooking Class*	19 10 am Quilters	26 10 am Quilters	
Monday		4 11 am Pinochle 1:45 pm Mindfulness** 2:30 pm Chair Yoga* 6:30 pm Watercolor Class*	11 9:30 am Recreating the Masters* 11 am Pinochle 1:45 pm Mindfulness** 2:30 pm Chair Yoga*	18 11 am Pinochle 1:45 pm Mindfulness** 2:30 pm Chair Yoga*	25 Closed – Christmas Day	
Sunday		m	10	17	24	μ.

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			1 10:15 am Mindfulness** 11 am T'ai Chi* 12 pm Quilters 12 pm Red Hats	2 9:30 am Striders* 10:45 am Strength & Stretch* 12 pm Duplicate Bridge 6:30 pm Cooking Class*	3 10 am Smoky the War Dog* 11:45 am Mindfulness** 4-9 pm Holiday Market – Wilder Maneion	4 10 am – 4 pm Holiday Market – Wilder Mansion
	9	7	12:45 pm Bingocize** 8	Hollywood Casino Aurora [×] 9	10	11
	9:30 am Striders* 11 am Pinochle 12:45 pm Bingocize** 1:45 pm Mindfulness** 2:30 pm Chair Yoga*	10 am Quilters 10:30 am Line Dancing – Continuing* 11:30 am Line Dancing- Beginning* 1:30 pm Memoir Writing*	10:15 am Mindfulness** 11 am T'ai Chi* 12 pm Quilters 12:45 pm Bingocize** 6:30 pm Evening Acrylics Painting Class*	9:30 am Striders* 10:45 am Strength & Stretch* 12 pm Duplicate Bridge	10 am Bingo* 11:45 am Coffee & Conversations with Advocate Health*	
12	13 9:30 am Recreating the Masters* 9:30 am Striders* 11 am Pinochle 12:45 pm Bingocize** 1:45 pm Mindfulness** 2:30 pm Chair Yoga*	14 10 am Quilters 10:30 am Line Dancing – Continuing* Beginning* 1:30 pm Memoir Writing*	15 10:15 am Mindfulness** 11 am T'ai Chi* 12 pm Quilters 12:45 pm Bingocize Paramount Theater*	16 9:30 am Striders* 10:45 am Strength & Stretch* 12 pm Duplicate Bridge	17 11:30 am Thanksgiving Luncheon* 11:45 am Mindfulness**	18
19	20 11 am Pinochle 12:45 pm Bingocize** 1:45 pm Mindfulness** 2:30 pm Chair Yoga*	21 10 am Quilters	22 10:15 am Mindfulness** 11 am T'ai Chi* 12 pm Quilters	23 Closed – Thanksgiving Holiday	24 Closed – Day After Thanksgiving	25
26	27 11 am Pinochle 1:45 pm Mindfulness**	28 10 am Quilters 10:30 am Line Dancing – Continuing* 11:30 am Line Dancing- Beginning*	29 10 am Watercolor Painting* 10:15 am Mindfulness** 12 pm Quilters	30 12 pm Duplicate Bridge	*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	ed. Additional fee may ed. Additional fee may il 630-993-8193 for mc er. er. ired. Metropolitan m. Call 331-871-5537 fo