CENTENNIAL CONNECTION Newsletter

A letter from Amy -

Happy Fall! While I don't love the shorter daylight hours, I am a huge fan of Fall in general. Cooler temps and changing leaves are some of the many reasons this is my favorite season. Fall does also mean that Winter is right around the corner though, and this is not one of my favorite things.

Either way, there are only a couple of months left in 2026. If you've not yet renewed your KRC Membership for 2027, now is the time to do it. Prices will not increase next year and will remain just $30 for a resident and $40 for a non-resident for the year. Membership will continue to offer the same great benefits, and renewing will ensure that you don't miss out on any of the fun we have planned for next year.

Before we ring in the new year, be sure to check out these great events to get you in the holiday spirit. The 15th Holiday Market will be held at Wilder Mansion on November 6th and 7th and will feature 50 artisans with handmade goods and seasonal treats. On December 3rd, Wilder Park will host the annual Holiday Tree Lighting. Visit Santa & Mrs. Claus, enjoy festive performances, and even meet live reindeer.

On December 9th we'll host our annual Bakery Bus trip and this year we're heading back to Milwaukee. This is the original Bakery Bus tour and more details about the trip can be found on page 87 of the Fall Brochure and in this newsletter as well.

I look forward to celebrating with you at one of our many upcoming programs and events and wish you a safe, healthy, and happy holiday season.



Amy Srail
PROGRAM SUPERVISOR
(630) 993-8961

WEEKLY ACTIVITIES AT KRC

Join us for a variety of weekly activities at the Kies Recreation Center (KRC)!
*Pre-registration is required for select activities. Additional fees may apply.
** Metropolitan Family Servies (MFS) program. Call 331-871-5537 for information and registration.

MON	TUE	WED	THU	FRI
10–10:45 am Seated Strength & Stretch*	10 am-3 pm Quilters	Noon-3 pm Quilters	10-10:45 am Seated Strength & Stretch*	Varies Special & Monthly Events
11am-2:30 pm Pinochle	10:30-11:30 am Line Dancing (Continuing)*	12-1 pm Cardio Kickboxing*	Noon–4 pm Duplicate Bridge	6:30-7:30 pm Sound Healing Therapy*
12:45-1:45 pm Bingocize**	11:30 am-12:30 pm Line Dancing (Beginner)*	12:45-1:45 pm Bingocize **	1-2 pm Tai Chi*	
2:30-3:30 pm Chair Yoga*	1-1:45 pm Seated Strength & Stretch*	4-6 pm Pickleball Open Play*	4-6 pm Pickleball Open Play*	
	1:30-3 pm Memoir Writing*	6-7:30 pm Pickleball Developing Intermediate (November)*	6-7:30 pm Pickleball Adult Advanced Beginner (November)*	
	4-6 pm Adult Pickleball Open Play*	7-8 pm Gentle Yoga*	6:30-7:30 pm Tabla Time! Indian Drumming*	
	6-7:30 pm Pickleball Adult Beginner (November)*			
	6:30-7:30 pm Breathwork*			

Find your way to Fun



BELONG.
CONNECT.
GROW.



Looking for a fun way to connect with others?

Join one of the self-formed groups that meet at KRC!

Pinochle and 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!

KRC Membership

Stay active, social, and connected !

Half Price Membership 62 and up!
$15R
$20NR
Valid through 12/31/26





Membership gives you access to engaging programs, events, and special perks designed with you in mind.

In addition to weekly drop-in activities, KRC hosts fitness classes, art programs, social events, luncheons, trips, and educational activities; and offers a membership option. Located in Centennial Park, the Mary E. Kies Recreation Center (KRC) is home to a variety of programs and events and is also the location of Elmhurst's Metropolitan Family Services DuPage office.

KRC Membership Includes

- FREE participation in Bingo (Prize for your birthday month)
- The Centennial Connection newsletter mailed to your home
- Phone registration for KRC programs
- Discounted member pricing on monthly luncheon fees
- Priority registration for AARP Free Tax Preparation Service

PROGRAMS & EVENTS

All programs and events are held at the Kies Recreation Center (KRC) unless otherwise indicated, and pre-registration is required.

Tabla Time!
Explore Indian Drumming

NEW!

Ages 16 and up

In this fun and interactive Tabla course, students explore the vibrant rhythms of Hindustani classical music while learning to play this dynamic pair of hand drums. No experience needed - just bring your curiosity and get ready to make some exciting rhythms! Each participant will need a set of Tabla drums which will be available to rent from the instructor for $12 for the session on the first night of class.
Fee: $124R/$129NR

18066	Th	11/12-12/10	6:30-7:30 pm



Bingo

Ages 50 and up

Join us for our monthly Bingo game – a fun-filled time with prizes for all winners! Celebrating a birthday this month? There's a special gift just for you! Light refreshments will be provided by this month's generous Bingo sponsor. Don't miss out on the laughter, community, and a chance to yell BINGO!
Pre-registration is required.
Fee: FREE for Members; $3 for Non-Member

17493	F	11/6	10-11:15 am
17494	F	12/4	10-11:15 am



Sponsored by

BRIDGEWAY Senior Living
A Continuing Care Retirement Community

THE INDIGO AT ELMHURST
A MONTESSORI MEMORY CARE COMMUNITY

PROGRAMS & EVENTS

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

Thanksgiving Luncheon

Ages 50 and up

Join us to give thanks and celebrate with friends. We'll enjoy a catered traditional Thanksgiving meal and then be entertained by the music of Jeff Dewbray. Bring a canned good for the food drive if you'd like.
Registration and cancellation deadline is the Friday before the event.
Fee: $20M/$25NM

17504	F	11/20	11:30 am-1:30 pm

Sponsored by

Ascension

Holiday Gala

Ages 50 and up

Back by popular demand, The StingRays will perform 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. This year's event will be held at Kies Recreation Center and will include a delicious lunch, entertainment, a visit from a very special someone, and raffles (tickets available for purchase at the event). Tables may be pre-reserved by calling (630) 993-8193. Please provide the names of all of the people at your table when you call. **Registration and cancellation deadline is the Friday before the event.**
Fee: $30M/$40NM

17505	F	12/11	11:30 am-2:30 pm



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 (KRC), and pre-registration is required. All materials are provided.

Candle Making Workshops

Design a candle that's as one-of-a-kind as you are! Learn how to measure and mix fragrance and wax, blend at just the right temperature, and pour your candle into a stylish jar. While it cools, have fun crafting a custom label using a variety of creative materials. Take your candle home the same day—perfect to keep or give as a handmade gift. Fragrance selections curated seasonally. All supplies included.
Fee: $25R/$30NR

18069	Th	12/3	6-7:30 pm



Watercolor Painting Classes

Enjoy a morning, or evening, of watercolor painting! Students of all skill levels will learn various watercolor techniques as they complete their own painting through step-by-step instruction and demonstration. All supplies are provided. Instructor: Beth Rush
Fee: $25R/$30NR

Fall Foliage

18247	M	11/9	6:30-8:30 pm

Koi Fish

18242	W	11/11	10 am-12 pm

Vintage Santa's Sleigh

18248	M	12/7	6:30-8:30 pm

Winter Window

18243	W	12/16	10 am-12 pm

Watercolor Workshops

These workshops will focus on techniques to boost your skills in watercolor. Different techniques will be offered each session. All supplies are provided. Instructor: Beth Rush
Fee: $25R/$30NR

Holiday Themed Cards

18254	M	11/16	6:30-8:30 pm

Watercolor Ornaments

18255	M	12/14	6:30-8:30 pm

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 (KRC), and pre-registration is required. All materials are provided.



Ceramics with Nadine: Holiday Paint and Create Event

Celebrate the season with a festive pottery painting experience! Explore a special holiday display filled with Christmas trees, ornaments, and a variety of adorable seasonal pieces. Choose your favorite item and bring it to life with your own unique design using our colors, tools, and inspiration. Whether you keep it classic or get creative, you'll leave with a one-of-a-kind holiday piece. No experience needed!
Fee: $36R/$45NR

18759	W	12/8	6:30-7:30 pm



HEALTH AND FITNESS

Health, Fitness, and Wellness classes are held at the Kies Recreation Center (KRC) and are open to those ages 50 and up unless otherwise noted. Pre-registration is required.

Chair Yoga

This one-hour class offers all the benefits of yoga—safely adapted for those with osteoporosis, osteoarthritis, or back injuries. You'll focus on better breathing, posture, core strength, joint flexibility, and even brain fitness. Leave feeling stronger, looser, and more centered.
Fee: $69R/$74NR

18099	M	11/9-12/21	2:30-3:30 pm

Tai Chi

Tai Chi is a gentle, beautiful and flowing exercise routine that is a joy to do. The functional movements are all done naturally and gently. The controlled breathing reduces stress and anxiety, helping calm the mind. It helps regulate heart rate and blood pressure, boosting energy. The exercises are very effective and easy to learn. Students may choose to sit or stand as needed, making this class suitable for all ages and abilities.
Fee: $25R/$29NR

18076	Th	12/3-12/17	1-2 pm

Wellness Wednesdays

FREE!

Join this engaging wellness workshop led by physical therapist Dave Horton, PT, DPT of PT Dave PLLC Physical Therapy to learn how to prevent injuries and manage aches or pains before they become bigger problems. Through practical demonstrations and gentle exercises, you'll gain simple strategies for managing common injuries to areas like the back, shoulders, knees, and hips. Perfect for anyone who wants to stay active, recover well, and keep their body moving safely for life. **Free to attend, pre-registration required.**

Osteoporosis

17659	W	11/18	3:30-4:30 pm

Neck Pain

17660	W	12/16	3:30-4:30 pm



HEALTH AND FITNESS



Seated Strength & Stretch

Build strength, improve flexibility, and boost balance in this well-rounded seated workout! We'll start with gentle stretches, then move into light cardio, core work, and a final full-body stretch. Taught by therapists from Better Stretch, this class is perfect for all ability levels. Wear comfy clothes, supportive shoes, and don't forget your water bottle.
Fee: $54R/$59NR

18093	M	11/2-12/14	10-10:45 am
18094	Tu	11/3-12/15	1-1:45 pm
18095	Th	11/5-12/17	10-10:45 am

Cardio Kickboxing

NEW!

Get your heart pumping with this unique combination of cardio, boxing moves, and upbeat music. This fun class will focus on high intensity bodyweight exercises that work on heart health, agility, and rhythm. The moves can all be done seated or standing, and there will be modifications for those who struggle with balance. Get ready to punch and kick to the beat!
Fee: $25R/$28NR

18282	W	12/2-12/16	12-1 pm

HEALTH AND FITNESS

Line Dancing

No partner? No problem! Learn today's hottest line dances from Chicago's saloons and dance clubs—set to both country and non-country hits. This friendly, low-impact class is a blast, and it's great for your brain, memory, and overall fitness. Get moving, have fun, and enjoy a low-impact workout that keeps you smiling.
Fee: $54R/$59NR

Beginning

17498	Tu	10/20-12/15	11:30 am – 12:30 pm

Continuing

17500	Tu	10/20-12/15	10:30 am – 11:30 am





Looking for More Ways to *Dance?*

Explore more adult dance classes on **pages 83–84** of the **EPD Fall Brochure!**

Scan QR code to view online brochure or visit **epd.org**

TRIPS

Leave the driving to us and have fun on one of our next trips! Travelers must be 21 and up to participate. All trips depart from and return to the Kies Recreation Center. Trip start time is bus departure time. Please arrive a few minutes early to check in and receive any materials needed for the day. Please see page 86 of the EPD Fall Brochure for additional important trip information and more detailed trip descriptions.

Bakery Bus – Milwaukee

Back by popular demand - don't miss out on the original Bakery Bus tour! Just in time for the holidays, we're heading back to Milwaukee to visit several bakeries where you'll receive treats, samples, and shopping time at each. In route to each location, our step-on guide will share the history of Christmas traditions from various cultural groups including the Greek, Polish, German, Italian, Irish and Chinese. Our adventure will also include a generously portioned, sit-down lunch at Motor Restaurant. Fee includes transportation, tour guide, lunch, samples at the bakeries, and lunch & guide gratuity. Participants must be able to enter and exit the bus several times and stand at the bakery locations. **Registration deadline is November 23.**
Fee: $164R/$169NR

18085	W	12/9	8:30 am – 4:30 pm

Trips Walking Key

Minimal Walking

Some Walking

Moderate Walking

Step inside the
MARY E. KIES RECREATION CENTER!



Call us to schedule a tour or simply stop by! We'll be happy to show you around!

(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.

Open Walk-In Hours

Mondays, Wednesdays, and Fridays
11 am–12 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 am
Class meets via Zoom

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

Bingocize

Mondays and Wednesdays
12:45-1:45 pm

Bingocize is a 10-week, evidence-based 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.

Grandparents Raising Grandchildren (GRG)

Group meets on the 2nd Thursday from 1-2:30 pm and the 4th Monday from 6:30-8 pm every month.

Thursday meetings are in-person at the MFS Willow location (222 E Willow Ave., Wheaton) and virtually via Zoom.
Monday meetings are via Zoom only.

This 90-minute support group is for grandparents raising grandchildren, or any kinship relationship of a senior, ages 55 and up, raising a kinship child that is 0-17 years old. Participants will be able to share information and ideas to help each other cope with the impact of this special role on their health, emotional well-being, finances, and family.

NOVEMBER

1 Gail H.
4 Rosalie W.
18 Rosemary D.



DECEMBER

1 Brenda W.
7 Renee W.
11 Moira M.
12 Carol H.
13 Tom C.
13 Joan O.
13 Lucia S.
13 Kathleen W.
16 Deli F.
19 Mary M.
20 Blake M.
26 Sharon G.

Elmhurst Park District

375 W. First Street
Elmhurst, IL 60126

November 2026 | Kies Recreation Center | Elmhurst Park District					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 10 Seated Strength* 11 Pinochle 12:45 Bingocize**	3 Elections 10 Quilters 10:30 Line Dance Continuing* 11:30 Line Dance Beginning* 1 Seated Strength* 1:30 Memoir Writing* 4 PB Open Play* 6 PB Adult Beg* 6:30 Breathwork*	4 12 Quilters 12 Cardio Kickboxing* 12:45 Bingocize** 4:15 PB Open Play* 6 PB Dev Intermediate* 7 Gentle Yoga*	5 10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi* 4 PB Open Play* 6 PB Adv Beg*	6 10 Bingo* 12:30 National Nacho Day* 6:30 Sound Healing* 4-6 pm Holiday Market at Wilder Mansion	7 10 am – 4 pm Holiday Market at Wilder Mansion
9 10 Seated Strength* 11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga* 6:30 Watercolors*	10 10 Quilters 10:30 Line Dance Continuing* 11:30 Line Dance Beginning* 1 Seated Strength* 1:30 Memoir Writing* 4 PB Open Play* 6 PB Adult Beg* 6:30 Breathwork*	11 10 Watercolors* 12 Quilters 12 Cardio Kickboxing* 12:45 Bingocize** 4:15 PB Open Play* 6 PB Dev Intermediate* 7 Gentle Yoga*	12 10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi* 4 PB Open Play* 6 PB Adv Beg* 6:30 Indian Drumming*	13 6:30 Sound Healing*	14
16 10 Seated Strength* 11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga* 6:30 Watercolors*	17 10 Quilters 10:30 Line Dance Continuing* 11:30 Line Dance Beginning* 1 Seated Strength* 4 PB Open Play* 6 PB Adult Beg* 6:30 Breathwork*	18 12 Quilters 12 Cardio Kickboxing* 12 Paramount Trip* 12:45 Bingocize** 3:30 Wellness Wednesday* 4:15 PB Open Play* 6 COD Collage* 6 PB Dev Intermediate* 6:30 COD Tarot Cards*	19 10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi* 4 PB Open Play* 6 PB Adv Beg* 6:30 Indian Drumming*	20 11:30 Thanksgiving Luncheon* 6:30 Sound Healing*	21
23 11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga*	24 10 Quilters	25 12 Quilters 12:45 Bingocize**	26 Closed Thanksgiving Day	27 Closed Day after Thanksgiving	28
30 10 Seated Strength* 11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga*					

***Pre-registration required. Additional fee may apply. Call 630-993-8193 for more information or to register.**
****Metropolitan Family Services (MFS) program. Call 331-871-5537 for more information or to register.**

December 2026 | Kies Recreation Center | Elmhurst Park District				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
	1 10 am - Quilters 10:30 am - Line Dance Continuing* 11:30 am - Line Dance Beginning* 1 pm - Seated Strength* 4 pm - PB Open Play* 6:30 pm - Breathwork*	2 12 Quilters 12 Cardio Kickboxing* 12:45 Bingocize** 4:15 PB Open Play* 6:30 COD Tarot Cards* 7 Gentle Yoga*	3 10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi* 4 PB Open Play* 6 Candle Making* 6:30 Indian Drumming* Tree Lighting Wilder Park 5:30-7:30 pm	4 10 Bingo* 12:30 White Elephant Exchange* 6:30 Sound Healing*
7 10 Seated Strength* 11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga* 6:30 Watercolors*	8 10 Quilters 10:30 Line Dance Continuing* 11:30 Line Dance Beginning* 1 Seated Strength* 4 PB Open Play* 6:30 Breathwork*	9 Bakery Bus Trip* 12 Quilters 12 Cardio Kickboxing* 12:45 Bingocize** 4:15 PB Open Play* 6:30 COD Tarot Cards* 7 Gentle Yoga*	10 10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi* 6:30 Indian Drumming*	11 11:30 Holiday Gala* 6:30 Sound Healing*
14 10 Seated Strength* 11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga* 6:30 Watercolors*	15 10 Quilters 10:30 Line Dance Continuing* 11:30 Line Dance Beginning* 1 Seated Strength*	16 10 Watercolors* 12 Quilters 12 Cardio Kickboxing* 12:45 Bingocize** 3:30 Wellness Wednesday* 7 Gentle Yoga*	17 10 Seated Strength* 12 Duplicate Bridge 1 Tai Chi*	18
21 11 Pinochle 12:45 Bingocize** 2:30 Chair Yoga*	22 10 Quilters	23 12 Quilters	24 Closed Christmas Eve	25 Closed Christmas Day
28 11 Pinochle	29 10 Quilters	30 12 Quilters	31 Closed New Year's Eve	 Closed New Year's Day

***Pre-registration required. Additional fee may apply. Call 630-993-8193 for more information or to register.**
****Metropolitan Family Services (MFS) program. Call 331-871-5537 for more information or to register.**