

Centennial Connection

Newsletter

A letter from Amy

It's hard to believe this is the last newsletter of 2024 and 2025 is right around the corner. It's been an exciting year with the addition of many new programs and trips, our first Senior Fair, new special events like Boo Bingo and the Ice Cream Social, and a lot of new friends joining and participating in the fun.

If you haven't renewed your membership yet for 2025, you'll want to do so before the year is over so that you can continue to get the newsletter mailed to your home, phone registration privileges, free Bingo, and member pricing on luncheons in the new year. Additionally, as an added perk, 2025 KRC members have priority registration for tax appointments regardless of residency status. Membership will continue to be just \$30 for Residents and \$40 for Non-Residents for the year.


Appointments for tax returns through AARPs free program are currently being taken. These slots fill quickly so be sure to reserve your spot soon if you take advantage of this service. You don't have to have all your paperwork ready to go right now. You can always make an appointment for later in the season when you know you'll have it all so that you don't miss out on getting a time slot.

I hope you all have a happy, safe, warm, and healthy holiday season. Stop in and say hello if you're in the area. I look forward to 2025 and all the exciting things to come. Happy New Year and hope to see you soon!



Amy Srail

PROGRAM SUPERVISOR

 (630) 993-8961

Weekly Activities at KRC

Mondays	
11 am-2:30 pm	Pinochle
11:30 am-12:30 pm	MFS Open Walk-in Hours
12:45-1:45 pm	Bingocize*
2:30-3:30 pm	Chair Yoga*
3:45-4:15 pm	Learning to Enjoy Meditation*
5-6 pm	Starlight Flow*
Tuesdays	
9:30-10:30 am	Laughter Yoga with Let's Laugh*
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 for Health*
Noon-3 pm	Quilters
12:45-1:45 pm	Bingocize*
Thursdays	
Noon-4 pm	Duplicate Bridge
7-8 pm	Gentle Yoga*
Fridays	
Varies	Special & Monthly Events

*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

9638	F	1/10	10-11:15 am
9639	F	2/7	10-11:15 am



PuzzlePalooza Jigsaw Puzzle Tournament

Ages 18 and up

Grab your team and get ready to compete against other teams to see who can complete the same 750-piece puzzle the fastest. Teams will have up to 2 hours to complete their puzzle and prizes will be awarded for first, second, and third place. Feel free to bring snacks. Pricing is per team. Only 1 person on the team needs to register for their team, and teams cannot be larger than 4 adults ages 18 and over.

Registration deadline is 1/10.

Fee: \$30R/\$35NR

9662	Su	1/26	1-3:30 pm
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Valentine's Day Party

Ages 50 and up

Bring your sweetheart, friend, or just come and enjoy the company of others at our Valentine's Day Party. Following the catered lunch, you will enjoy music and dancing to the sounds of our entertainer, Rick Pickren. **Registration and cancellation deadline is the Friday before.**

Fee: \$20 KRC Member/\$25 Non-Member

9896	F	2/21	11:30 am - 1:30 pm
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FREE Chocolate Lover's Bingo

Ages 50 and up

We're celebrating Valentine's Day with a special Bingo! Our sponsor will be providing refreshments and prizes for our chocolate themed event. **While participation is free, pre-registration is required.** Call (630) 993-8193 to reserve your spot.

9660	F	2/14	2-3 pm
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Sponsored by



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 memoirs in a safe, close-knit group. Previous class attendance is not necessary because each class is independent.

Fee: \$72R/\$77NR

9666 Tu 1/14-2/18 1:30-3 pm



Tax Preparation

Ages 60 and up

This program, for simple tax returns, is sponsored by AARP. You **MUST** bring a copy of last year's tax return. Also, bring all necessary statements of income and all legally deductible expenses. Appointments are held 9 a.m. – Noon, Monday – Thursday at Kies Recreation Center beginning February 3 and ending April 10. 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 2 for Residents of the Elmhurst Park District and 2025 Members of KRC and will begin January 27 for Non-Residents and Non-Members.

Check out pages 31-37 of the Winter/Spring Elmhurst Park District brochure or visit us online at www.epd.org for more great programs!

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

Snowflakes

9872 M 1/13 6:30-8:30 pm

Galaxy Sky

9866 W 1/22 10 am-Noon

Forest at Night

9873 M 2/10 6:30-8:30 pm

Fox in the Snow

9867 W 2/26 10 am-Noon

Card Making

In this class we will use stamps, ink, and paper to create handmade cards to send to family and friends. A variety of sentiment stamps will be available to customize your card to fit many occasions. All supplies provided, and each participant will leave with three unique cards.

Fee: \$25R/\$35NR

9878 W 2/12 10 am-Noon



Candle Making Workshop

Create a candle as unique as you! 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. Candles will be ready to take home that night!

Fee: \$20R/\$30NR

9656 W 2/19 6-8 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.**

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

9649 Tu 1/7-2/11 11:30 am-12:30 pm

Continuing Class

9652 Tu 1/7-2/11 10:30-11:30 am

T'ai 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.

Fee: \$69R/\$74NR

9881 W 1/15-2/19 11am-Noon



NEW! Laughter Yoga with Let's Laugh

Participants are guided through gentle, fun laughter exercises while learning deep breathing techniques. Laughter exercises and deep breathing benefit the whole person by relieving stress, lessening anxiety, fear, and depression, enhancing the immune system, improving respiratory and cardiovascular systems, relieving pain, and encouraging relaxation of muscles and mind.

Fee: \$34R/\$39NR

9861 Tu 1/14-2/18 9:30-10:30 am

Kies Recreation Center



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. **Instructor:** Jim Shaw. **No class 1/20.**

Fee: \$57R/\$62NR

9644 M 1/6-2/10 2:30-3:30 pm

9645 M 2/24-3/31 2:30-3:30 pm

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.**

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. **No class 1/20.**

Fee: \$30/\$35

10055	M	1/6-2/10	3:45-4:15 pm
10056	M	2/24-3/31	3:45-4:15 pm

NEW! Starlight Flow

Ages 18 and up

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 1/20 and 2/17.**

Fee: \$94R/\$99NR

10266	M	1/13-2/24	5-6 pm
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Gentle Yoga

Ages 18 and up

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.

Fee: \$105R/\$110NR

9885	Th	1/16-2/20	7-8 pm
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KRC DROP-IN GROUPS

Pinochle, Duplicate Bridge, 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 KRC 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.

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.



Starved Rock – Discover the Eagles Trolley Tour

Illinois is second only to Alaska for eagle watching, so 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 our own private 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. Fee includes bus transportation, lunch, trolley tour, guide and presentation. **Registration deadline is 1/19.**

Fee: \$109R/\$114NR

9992 W 2/5 9 am–5 pm



NEW! Waitress at Paramount Theatre

Hoping to bake her way out of her troubles, Jenna puts her heart and soul into her unique pies, winning over anyone who tastes them. But while battling expectations and self-esteem issues, Jenna's delicious pies reflect her state of mind with their less than desirable names. Join Jenna on her soul-searching journey as she decides for herself what the right ingredients are for her own happiness. Fee includes transportation and main floor seating. **Registration deadline is 2/11.**

Fee: \$59R/\$64NR

9889 W 3/5 Noon–5:30 pm



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

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.



Bingocize

**Mondays and Wednesdays
12:45-1:45 p.m.**

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.

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



Memories at KRC





January

- 2** Norma J.
- 7** Rosemarie E.
- 9** Camille K.
- 11** Zeny C.
- 12** Nancy B.
- 12** Ceclia D.
- 15** Barbara G.
- 20** Debra M.
- 30** Robert P.

February

- 3** Helen B.
- 4** Michael M.
- 5** Constance C.
- 5** Jack O.
- 15** Miguel R.
- 17** Lerida C.
- 18** Adele D.
- 22** Chii-Ming K.
- 25** Joseph F.