

In the know...on the go...

Adult Activity Center Newsletter

July/August 2018

Live Life Actively!



Picture:

AAC Walking Club members testing out the fitness equipment located in Pottawatomie Park.

Adult Activity Center Hours

Mon-Fri • 8am-9pm

Sat • 8am-6pm

Sun • 12pm-5pm

Holiday Hours 2018

July 4 • Closed

Birds are chirping, the sun is shining and summer is officially in full swing! We have many activities to keep you living actively this season. Get outside and take a breath of fresh air while learning about The Secret Life of Fireflies or sit back and relax indoors while giving wine glasses a new purpose at our Wine Glass Painting Party.

Travel to new places including a backroads tour of Wisconsin to exploring our own Fox River by kayak and many other fun locations. There is something for everyone available this season!

Reminder—for any activity with a five digit activity code you MUST register in advance. Although many programs are free to you as a member, this helps us plan accordingly for supplies.

Join the AAC in *GOING GREEN!*

If you wish to receive your newsletter electronically, please send me an email at: tkrawczyk@stcparks.org with subject line "AAC Newsletter". Paper copies of the mailed newsletter will be available at Pottawatomie Community Center.

Taylor



Live Life Actively!

Adult Activity Center | A Facility of the St. Charles Park District

Drop-in Programs

Monday

Pinochle Club	8am-4pm
Harmelodian Club	10-11:30am
Open Art Studio	10am-12pm
Samba	11:30am-5pm
Open Play Billiards	6-9pm

Tuesday

Bridge Club	9am	
Computer Coaching*	11am-1pm	2nd & 4th Tues.
Mah Jongg	1-5pm	
At the Movies	2pm & 6pm	
9-Ball Pool	6-9pm	

Wednesday

Queen Bees Quilting	9am-12pm	
Morning Bingo	9:30-11am	1st & 3rd Wed.
Pinochle Club	11am-4pm	
Red Hot Book Readers	1-2:30pm	Last Wed. of the month
Open Play Billiards	6-9pm	
Bridge for Beginners*	6:30-8:30pm	

Thursday

Samba	8:30am-12:30pm	
Duplicate Bridge	9am	Bring your own partner
Mexican Domino Train	1-4pm	
9-Ball Pool	6-9pm	
Mah Jongg	6-9pm	

Friday

Bocce Ball	9am	May - September
Bridge Club	9am	
Queen Bees Quilting	9am-12pm	
Triple Play	9:30am-2pm	
Table Tennis	1-4pm	
Scrabble Dabble	2-5pm	

Sunday

Mah Jongg	1-5pm
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Red Hot Book Readers

July: Pick One
The Long Haul by Finn Murphy OR
Travels with Charlie in Search of
America by John Steinbeck

August: Driving Mr. Yogi
by Harvey Araton

*Registration Required

Contact AAC Desk at
630-513-4323.

Mah Jongg Lessons

To schedule a lesson contact
AAC Desk at 630-513-4323



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Walmart 

Proud supporter of the
St. Charles Park District

Upcoming Activities and Opportunities...

Secret Life of Fireflies

Also known as lightning bugs, these fascinating insects are neither flies nor bugs! They are best known for their ability to generate a cool and efficient light, but those magical flashes on a warm summer evening are only a small part of the firefly's fascinating life story. Join us for an engaging presentation that brings their secret life to light.

Wed Jul 11 7-8pm #17154
 AAC Member FREE PCC
 Nonmembers \$2

Wine Glass Art Painting Party

Creatively paint a set of wine glasses to give them a new purpose. No painting experience necessary. Just follow along and you'll be amazed at your new art piece. All art supplies and wine glasses provided. Wear a smock or apron.

Tu Aug 7 1-2:30pm #16490
 RES \$5/NR \$8 PCC

Recipe Exchange—Hometown Favorites

Join us for our first recipe exchange! Enjoy tasty treats and casual conversation. Bring your favorite hometown dish and share other favorite dishes. Then bring the recipes home with you to cook yourself. Advance registration required.

W Aug 15 11am-1pm #16492
 AAC Member FREE PCC
 Nonmembers \$5

Money Smart for Adults

Join St. Charles Bank and Trust in this instructor-led curriculum consisting of 11 training modules that cover basic financial topics. Topics include a description of deposit and credit services offered by financial institutions, choosing and maintaining a checking account, spending plans, the importance of saving, how to obtain and use credit effectively, the basics of building or repairing credit and more!

W Jul 11-Sept 26 10-11am #16838
 FREE but please register PCC

Potluck Party

Thursdays • 12-1pm • PCC

Jul 5 Hawaiian Pulled Pork • #16476

Aug 2 Ice Cream Social • #16477

Sponsored by:

River Glen of St. Charles

AAC Members FREE • Nonmembers \$5



Let's Do Lunch

Pub 47

W Jul 11 11:45am-1pm #16479

Puebla Modern Mexican

W Aug 1 11:45am-1pm #16480

Meet at the restaurant location.

Northern Illinois Food Bank—Volunteer

Interested in helping the Fox Valley community? Volunteer with the Adult Activity Center at the Northern Illinois Food Bank. Depending on the work needed and the skills of each volunteer, activities will vary. Hope to see you there!

W Jul 11 9-11:30am #16482

W Aug 8 9-11:30am #16483

FREE but please register NORT

	Pounds	Meals
April	3,860	3,216
May	8,495	7,080

The AAC proudly partners with the following businesses to bring you quality programs:



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FACES OF THE KING
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AND THE RONETTES
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 SUNDAY, SEPTEMBER 9 5PM



TONY DANZA
STANDARDS & STORIES
 SUNDAY, SEPTEMBER 16 5PM

630.962.7000
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50+ Fitness

Tai Chi and Qigong for Older Adults

The ancient Chinese arts consist of gentle, flowing exercises that are combined with deep abdominal breathing to promote the release of tension and create a state of deep relaxation. The gentle, low-impact movements have also been shown to benefit those with arthritis and osteoporosis. Each class begins with easy warm-up exercises that prepare the muscles and support these ancient practices.

Intermediate	TuTh	Jul 24-Aug 30	1-2pm	#16384
				RES \$72/NR \$108
				PCC
Beginner	TuTh	Jul 24-Aug 30	2-3pm	#16386
				RES \$72/NR \$108
				PCC

Tai Chi Chuan and Qigong

Tai Chi is an ancient Chinese martial art that is the most widely-practiced exercise in the world. It has been shown to improve flexibility, strength, coordination, balance and to help in delaying osteoporosis. The gentle movements are done slowly to maximize the workout and to promote calmness and peace of mind. Wear comfortable clothing that allows for easy stretching.

Sa Jul 28-Sep 1	10-11am	#16388
RES \$36/NR \$54		PCC

Lite Cardio

Target and strengthen specific muscle groups, increase your core stability and gain functional fitness. Whatever your fitness level, you will experience noticeable results from this low impact exercise routine.

W Jul 25-Aug 29	8:30-9:15am	#16390
RES \$30/NR \$45		PCC

Sit, Stretch and Tone

Increase your flexibility, tone your muscles and elevate your heart rate. Class consists of stretching the entire body, resistance band and lightweight training while in the seated position.

F Jul 27-Aug 31	8:30-9:15am	#16392
RES \$30/NR \$45		PCC

Walking Club

You know that walking is good for you. It's easy, too! This club will allow you to measure your success or simply enjoy the company of others while strolling in the District's award-winning parks. Look and feel better as each step brings you closer to overall health and wellness.

Mt. St. Mary Park

Th Jul 19	9-10am	#16485
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Fox Chase Park

Th Aug 16	9-10am	#16486
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AAC Member FREE

Nonmember \$5



At the Movies...

Sponsored by  COUNTRY HOUSE

Tuesdays • 2pm & 6pm

- Jul 3 Jumanji: Welcome to the Jungle.....PG-13, 2017
- Jul 10 Life is Beautiful.....PG-13, 1997
- Jul 17 Moulin Rouge!.....PG-13, 2001
- Jul 24 Gifted.....PG-13, 2017
- Jul 31 Battle of the Sexes.....PG-13, 2017
- Aug 7 Pride & Prejudice.....PG, 2005
- Aug 14 To Be or Not to Be.....PG, 1942
- Aug 21 Emma's Chance.....PG, 2016
- Aug 28 The Other Son.....PG-13, 2012

*All movies subject to change due to wait time.

Outdoor Tabata Bootcamp

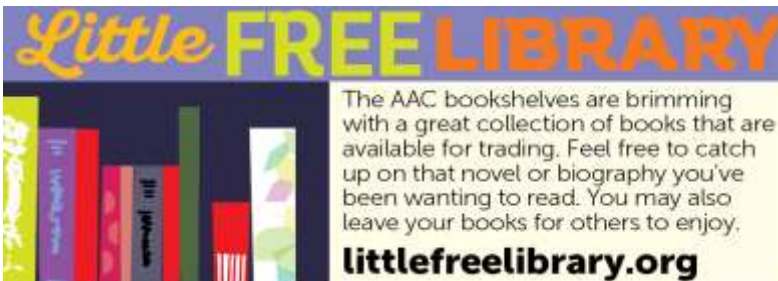
Based on High Intensity Interval Training using the proven 20-10 Microburst Training Protocol, workouts are geared towards delivering true results, successful weight loss and muscle gain. Class offers effective complete body workouts that maximize your results in minimal time, while experiencing one of the most effective styles of exercise for optimum fat burning. For inclement weather, classes will be held indoors. All skill levels are welcome. Bring a towel, water bottle and a yoga mat.

M Jul 23-Aug 27 8:15-9am #16398
RES \$36/NR \$54 PP

Bootcamp Gold

Participate in age-appropriate drills and activities to improve, enhance and maintain strength, cardio capacity, balance, agility and cognition. All program formats are specifically designed to minimize stress on aging joints. All fitness levels welcome!

M Jul 23-Aug 27 9:30-10:30am #16394
RES \$36/NR \$54 PCC



Little FREE LIBRARY

The AAC bookshelves are brimming with a great collection of books that are available for trading. Feel free to catch up on that novel or biography you've been wanting to read. You may also leave your books for others to enjoy.

littlefreelibrary.org



COUNTRY HOUSE

Proud supporter of the St. Charles Park District and sponsor of the Adult Activity Center's At the Movies program!

Calling All Seniors...

Did you know that if you are over 60 years old you qualify for *The Country House Senior Discount!*

Just come in ANY Day between 2:00 and 4:30 and receive **15% off your FOOD purchases.**

Dine in only. Cannot combine with other offers. Not valid for alcohol.

2095 S. Kirk Road
Geneva, IL 60134
630-208-8181



burgerone.com



Jumer's Casino

Enjoy a day of gambling fun at Jumer's Casino. The gaming floor spreads out over 42,000 square feet, complete with slots, table games, and poker, with new machines added regularly. A 14-time first-place award recipient for best casino, Jumer's is the place to be for exciting Las Vegas style gambling. Lunch is on your own. Motorcoach transportation included. Rock Island.

Mon Aug 13 8am-5pm #16428
\$39 PCC

Registration Deadline: July 23

Wisconsin Barn Quilts Tour

Come along on a sweet journey into our Midwestern farming past as we cruise the back roads of Walworth County on a tour that features a look at many of the nearly 100 barn quilts that adorn some of our old barns and other farming buildings. Tour will be primarily on bus and will include a one hour buffet lunch. Leader Tom Laughlin will also introduce his latest show, 'American Barn Stories' which appears on PBS stations across America. Transportation, tour and lunch included. Walworth County, WI.

W Aug 22 8:30am-6pm #16430
\$89 PCC

Registration Deadline: July 18

Fox River Paddlewheel Riverboat

Enjoy an up close tour of the beautiful Fox River aboard the Fox River Queen. History and natural interpretation will be shared. Lunch includes southern pan fried chicken, potato salad, hot baked beans, coleslaw, rolls, pickles and olives, cake and ice cream, coffee and lemonade. Lunch and tour included. St. Charles.

Tu Aug 28 11:30am-1pm #16432
\$35 PCC

Registration Deadline: July 25

Funtastic Fridays!

Hiking at White Pines

Located in the heart of the Rock River Valley, the 385-acre White Pines Forest State Park is the south boundary of the historic Chicago- Iowa Trail. Along the meandering banks of Spring and Pine creeks, this scenic haven has magnificent trees that share moss-covered cliffs, strung with trailing vines and wildflowers. Must be able to walk 1 mile for hiking portion. Lunch on your own in the lodge at White Pines. The home-style cuisine blends perfectly with the log cabin decor. Afternoon shopping at one of Oregon's most unique shopping destinations, Conover Square. The building was once a piano factory, but is now an indoor mall with a wide variety of merchants, antiques, eateries and a museum.

Transportation included. Oregon.

F Jul 27 9am-4pm #16683
\$45 PCC

Registration Deadline: July 16

Lake Geneva Ice Cream Boat Tour

Enjoy lunch and shopping in Lake Geneva, WI. Lunch will be at Popeye's and will include salad, your choice of rotisserie chicken or pulled pork with appropriate sides, and dessert. Then board the Grand Belle for a 1.5 hour narrated tour that takes in just over half of the scenic shoreline of beautiful Geneva Lake. Relax and enjoy the sights with your ice cream sundae for dessert! Transportation, lunch and tour included. Lake Geneva, WI.

F Aug 17 9:30am-5:30pm #16685
\$89 PCC

Registration Deadline: July 16

Trips depart from Pottawatomie Community Center, 8 North Avenue, unless noted.

St. Charles Park District
Pottawatomie Community Center
8 North Avenue
St. Charles, IL 60174

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tkrawczyk@stcparks.org

Adult Activity Center
Registration Desk
Office: 630-513-4323
Fax: 630-513-9304



Craft Beer
CRUISE

Ages 21+

SU • AUG 5 • 10:30AM-5:30PM

Enjoy a 2 hour cruise on Lake Michigan while sampling great tasting brews. Receive a souvenir pint glass, light bites, a live DJ, enclosed tasting space, as well as two outer decks and access to the best breweries in Wisconsin. Motorcoach transportation, parking & admission included.

Fee: \$95 • #16427
Registration Deadline: June 29

TAKE ME OUT TO THE BALLGAME

Chicago Cubs at Brewers

Mon • Sep 3 • 9:30am-6:30pm
Ages 50+ • Fee: \$99 • #16431

Watch the Milwaukee Brewers take on the Chicago Cubs at Miller Park in Milwaukee. Enjoy seats in section 212, right infield on the first base line. Grab food on your own at the stadium. Milwaukee, WI.



Registration Deadline: July 30

Transportation, parking and admission included.