

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

Adult Activity Center Newsletter

September/October 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

Labor Day (Sep 3) • Closed

Hello AAC Members!

My name is Lynne Yuill, and I am the new supervisor for the AAC. I have been with the St. Charles Park District for over 2 years supervising the preschool, early childhood and day camp programs. I graduated from Northern Illinois University with my degree in child development. I've worked with children and their families for 30 years, and am very excited to interact with a new population of people! I live in Plainfield with my husband Tim. We've been married for 26 years and have two beautiful daughters, Emily (23) and Sarah (21). My 82 year old Mom lives with me, and I hope she will take advantage of some of the trips offered through the Park District. I am a huge sports fan, with the Bears, Cubs and Blackhawks being my favorites. I also enjoy walking, socializing and doing puzzles. I cannot wait to meet all of you! Please stop by my office and introduce yourself when you visit the AAC. Fall is my favorite season and I am looking forward to leaves changing colors, football season and pumpkin flavored everything!

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: lyuill@stcparks.org with subject line "AAC Newsletter". Paper copies of the mailed newsletter will be available at Pottawatomie Community Center.

Lynne



Live Life Actively!

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

WALKING FOR
wellness
IN ST. CHARLES



With miles and miles of trails throughout St. Charles connecting to adjacent communities, there is ample opportunity to explore the Fox Valley area!

Walking just 30 minutes a day can help you...

- Improve self esteem & mental well being
- Reduce risk of coronary heart disease & stroke
- Help control weight & reduce body fat
- Increase bone density
- Lower blood pressure
- Reduce high cholesterol
- Boost immune function
- Live longer

Visit these beautiful parks & trails in St. Charles and get walking!

- Delnor Woods Park
- East Side Sports Complex
- Fox River Trail
- Great Western Trail
- Mt. St. Mary Park
- Peck Road Trail Randall Road Trail
- River Bend Community Park
- River Bend Trail
- Virgil L. Gilman Trail

steparks.org



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	

Red Hot Book Readers

September: Uncommon Type, Tom Hanks author

October: The Last Child, John Hart author

Mah Jongg Lessons

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

*Registration Required

Contact AAC Desk at 630-513-4323.

Upcoming Activities and Opportunities...

Ecological Art Exploration

Make some art and save the planet! This interactive session and leisurely stroll in nature will give you the opportunity to create your own art and hopefully inspire action. Bring whatever medium suits you, from your cell phone camera to your sketch pad, and we'll supply the inspiration. No prior art experience needed.

Tu Sep 11 9:30-11:30am #17039
AAC Member FREE HKDC
Nonmember \$2

Constitution Alive!

In this DVD series with expert Rick Green, skip the boredom and the confusion of the Constitution. Each week features a different topic: executive orders, the electoral college, judicial tyranny, the enumerated powers of the Congress, 2nd Amendment, freedom of religion and more. Refresh your memory on what you might already know and even learn more!

Tu Sep 11-Nov 20 12-1:30pm #17020
AAC Member FREE PCC
Nonmembers \$11

Follow the Leader Painting Party

Follow the leader and paint a beautiful canvas suitable to hang as décor or give as a gift. Each student will receive step-by-step instructions leading them to create their own, unique painting. We will be using acrylic paints. No experience required, all art supplies provided. Wear a smock or apron.

Tu Sep 25 10-11am #17014
RES \$5/NR \$8 PCC

Social Security, Medicare & Me

This educational program covers changes to 2018/2019 Social Security and Medicare Parts A, B, C and D. Other topics include when to apply and detailed information about your options. Light refreshments will be served. Advance registration required.

Th Sep 27 7-8pm #17016
FREE PCC

Potluck Party

Thursdays • 12-1pm • PCC

Sep 6 Italian Feast • #17002

Oct 4 Oktoberfest • #17003

Sponsored by: Raymond James (Sep) &
River Glen of St. Charles (Oct)

AAC Members FREE • Nonmembers \$5



Let's Do Lunch

Rookies \$1 Burgers

W Sep 5 11:45am-1pm #16973

Gia Mia

W Oct 3 11:45am-1pm #16974

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 Sep 12 9-11:30am #17006

W Oct 10 9-11:30am #17007

FREE but please register NORT

	Pounds	Meals
June	4,645	3,870
July	1,620	1,350

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



ONESTI'S
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 ST. CHARLES



TONY DANZA
 STANDARDS & STORIES
 SUNDAY, SEPTEMBER 16 5PM



**TOMMY JAMES
 & THE SHONDELLS**
 SATURDAY, SEPTEMBER 22 8PM



GLENN MILLER ORCHESTRA
 OPEN DANCE FLOOR!
 SUNDAY, OCTOBER 14 5PM

630.962.7000
OSHOWS.COM

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	Sep 4-Oct 25	1-2pm	#16961
				RES \$96/NR \$144
				PCC
Beginner	TuTh	Sep 4-Oct 25	2-3pm	#16958
				RES \$96/NR \$144
				PCC

Tai Chi Chuan and Qigong 16+

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	Sep 8-Oct 27	10-11am	#16963
				RES \$48/NR \$72
				PCC

Lite Cardio 16+

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	Sep 12-Oct 24	8:30-9:15am	#16965
				RES \$35/NR \$53
				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	Sep 14-Oct 26	8:30-9:15am	#16967
				RES \$35/NR \$53
				PCC

Dance for the Joy of it!

No dance experience necessary. Explore the B.E.S.T elements of dance; body, energy, space and time. Come celebrate life with those around you through movement music and exercise. Explore all the benefits of dance with professional dancer and choreographer Diane. Let's shake loose, have fun and DANCE!

	W	Sep 12-Oct 24	1-2pm	#17102
	W	Oct 31-Dec 19*	1-2pm	#17186
				RES \$56/NR \$84
				PCC
				*No class Nov 21



At the Movies...

Tuesdays • 2pm & 6pm

- Sep 4 **The Post**PG-13, 2017
- Sep 11 **Forever My Girl**.....PG, 2018
- Sep 18 **The Sound of Music**.....G, 1965
- Sep 25 **The 15:17 to Paris**.....PG-13, 2018
- Oct 2 **Same Kind of Different as Me**.....PG-13, 2017
- Oct 9 **The Glenn Miller Story**.....G, 1953
- Oct 16 **Darkest Hour**.....PG-13, 2017
- Oct 23 **Book Club**.....PG-13, 2018
- Oct 30 **Wonder**.....PG, 2017

*All movies subject to change due to wait time.

Outdoor Tabata Bootcamp 16+

Based on High Intensity Interval Training, 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 Sep 10-Oct 22 8:15-9am #16971
 RES \$36/NR \$54 PP
 No class Oct 1

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 Sep 10-Oct 22 9:30-10:30am #16969
 RES \$36/NR \$54
 No class Oct 1 PCC



PRIMROSE Farm Frolic



Sunday, Sep 23 • 11am to 3pm

Admission Includes All Activities
 Ages 3+: \$6 per person • Ages 2 & Under: Free

5N726 Crane Road • St. Charles • primrosefarmpark.com



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Starved Rock Land & Water Cruise

Begin the day with lunch in the historic dining room at the Starved Rock Lodge, followed by a narrated trolley tour with history and legends of the area. The trolley will take you to the new river boat, "The Eagle 1" where you will see the east end of Starved Rock State Park by water. Transportation, guided tour and lunch included. Utica.

F Sep 21 9am-4:30pm #17023
\$75 PCC

Registration Deadline: Aug 31

American Spectacular at Hemmens

Join the Elgin Symphony Orchestra for a musical salute to America. Conducted by Stephen Squires the Elgin Master Chorale will be honoring the 100th anniversary of the end of World War 1 through this pop concert. Enjoy lunch on your own before the show at Danny's on Douglas. Transportation and performance included. Elgin.

Su Oct 7 12-5:30pm #17185
\$39 PCC

Registration Deadline: Sep 5



Lincoln Park Zoo

Connect with amazing animals and wild places around the globe right in the heart of Chicago. Lunch on your own at the zoo. Transportation and parking included. Chicago.

F Oct 12 9:30am-4:30pm #17025
\$35 PCC

Registration Deadline: Oct 1

Glenn Miller Orchestra at Arcada

Meet at the Arcada for the most popular and sought after big band in the world today for both concert and swing dance engagements. With its unique sound, the Glenn Miller Orchestra is considered to be one of the greatest big bands of all time. Before the show enjoy an Italian Feast Buffet in the 1920's Speakeasy. Buffet includes cheese ravioli, meatballs, salad, bread, dessert, soft drinks and coffee. *Meet at the Arcada Theater, 105 E. Main St. St. Charles. Lunch and show included. St Charles.*

Su Oct 14 2:30-7pm #17178
\$80 ARCA

Registration Deadline: Aug 23

Chocolatiers in the Making

Morkes Chocolates is a leader in the art of creating handmade gourmet chocolate confections since 1920. Join us for a chocolate making party, just in time for the holidays. Create a chocolate pizza, molded items and chocolate dipped pretzels. Lunch on your own afterwards at Biaggi's Palatine.

T Oct 23 9am-2pm #17175
\$43 PCC

Registration Deadline: Oct 5

Illinois Holocaust Museum

The Illinois Holocaust Museum not only honors the memory of the millions who were murdered during the Holocaust, but it also salutes the courage and resilience of the survivors. For them, this museum carries out its founding principle: Remember the Past, Transform the Future. Take a self guided tour of the museum then lunch on your own at a local restaurant. Transportation and admission included. Skokie.

Th Oct 25 10am-4pm #17027
\$39 PCC

Registration Deadline: Oct 11



Tommy Gun's Garage

Wednesday, October 3 • 9am-5pm
Age 50+ • Fee: \$99 • #17024



Tommy Gun's Garage is an audience interactive speakeasy that offers a musical comedy review *wit da gangsters, da flappers and YOU!* You will be transported back to the 1920s complete with the boss 1928 Model Ford, Roaring Twenties music and memorabilia from the Twenties. Transportation, lunch and show are included. Chicago.

Registration Deadline: September 28

LEGALLY BLONDE AT PARAMOUNT

Wednesday, October 10 • 11am-4:30pm
Age 50+ • Fee: \$65 • #17026

A story of rising to a challenge and defying expectations, all while looking fabulous. Lunch on your own at Harner's before the show. Transportation and admission included. Aurora.

Registration Deadline: September 17



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



Early Bird **BREAKFAST**

Enjoy a delicious morning meal!

Breakfast includes omelets (prepared to your liking), donuts, coffee & juice! Event hosted by the St. Charles Breakfast Rotary.



Ages 50+

Tu • Sep 18 • 7:15-8:15am
AAC Member FREE • Nonmembers \$1
#16951 • PCC

Plus don't forget...

Pneumonia Shots

Administered by Jewel-Osco Pharmacy. Billed to Medicare Part B for eligible participants.

FREE but please register • Walk-ins welcome

Hearing Screenings

Administered by Easterseals DuPage & Fox Valley. **FREE** but must have appointment.

Call 630-513-4323 to register.



Wednesday, Oct 17 • 7-8:30pm
AAC Members: FREE
Nonmembers: \$1 (#17010)

Prizes! Coffee! Dessert! You're invited to attend this friendly BINGO competition, hosted by the St. Charles Breakfast Rotary and the St. Charles Park District.

Space is limited.

Pottawatomie Community Center