

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

Adult Activity Center Newsletter

January/February 2019

## Live Life Actively!



**Picture:**

AAC Member John Wohlert assisting our Pottawatomie preschoolers with an art activity.

### Adult Activity Center Hours

Mon-Fri • 8am-9pm

Sat • 8am-6pm

Sun • 12pm-5pm

### 2019 Holiday Hours

New Years Day (Jan 1) • Closed

Happy New Year AAC Members,

Here's hoping your holiday season was filled with family gatherings and good times. 2019 is going to be a fantastic year in the AAC.!

Check out our lineup of trips this winter. I am always looking for new venues to visit. If you have a suggestion, let me know!

Keep active this winter by trying out a new fitness class. Whether it's yoga, Tai Chi, Cardio or Tabata Bootcamp, we've got something for everyone.

Join us for our monthly Potluck Lunch the 1st Thursday of every month at Pottawatomie Community Center or come watch a movie on Tuesday afternoons or evenings with friends.

Make 2019 a great one!

~Lynne

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



Live Life Actively!

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



# 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**

## 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-1pm	
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-1pm	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-1pm	
Queen Bees Quilting	9am-12pm	
Triple Play	9:30am-2pm	
Tripoli/Red Hearts	1-3pm	
Table Tennis	1-4pm	
Scrabble Dabble	2-5pm	

### Sunday

Mah Jongg	1-5pm
-----------	-------

### Red Hot Book Readers

**January:** The Girls of Atomic City, author Denise Kiernan or Murder at the Mansion, author Sheila Connolly

**February:** Biography of your choice

### 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...

## Becoming a First Responder

Do you know what to do in the event of a medical emergency? Learn the basics of first aid, CPR and how to use an AED machine. Understand the warning signs of heart attacks and strokes. Information related to diabetes, choking, burns, nosebleeds and bone/joint injuries will be discussed. Participants will have the opportunity to become Red Cross Certified if desired for an additional fee. A separate class will be set up for those who want certification.

**M Jan 14, 21, 28 10-11am #18048**  
**RES \$5/NR \$8 PCC**

## Bloom Where You're Planted

The "ZEST" is in the journey, not the destination! This quote is the undercurrent of this motivational presentation, which challenges the audience on how to be proactive in the second half of life. Talking points focus on reducing our fears, enriching our lives and taking the challenge.

**T Jan 29 1-2pm #17828**  
**AAC Member FREE PCC**

## Rules of the Road

This FREE course updates drivers on current rules of the road and prepares them for the vision, general written and driving portions of the test.

**W Jan 30 10am-12pm #17591**  
**AAC Member FREE PCC**

## AARP Smart Driving Course

Improve your driving techniques to get around better in today's complex traffic patterns. Insurance companies give discounts on the liability portion of insurance to those who complete this course. On the first class day, bring your AARP membership card and plan to pay the instructor for this class.

**M-Tu Feb 11-12 1-5pm #17808**  
**AARP member \$15 PCC**  
**Non-member AARP \$20**

## Potluck Party

Thursdays • 12-1pm • PCC

**Jan: Chili Fest • #17826**

**Feb: Fried Chicken • #17589**

**AAC Members FREE • Nonmembers \$5**



## Let's Do Lunch

W Jan 2 Yummy Place #17584

W Feb 6 DRM European Café #17585

**Meet at the restaurant location at 11:45am.**

## 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 Jan 9 9-11:30am #17987**

**W Feb 13 9-11:30am #17988**

**FREE but please register NORT**

	Pounds	Meals
October	14,874	12,395
November	11,352	9460

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



ONESTI'S  
**ARCADA**  
THEATRE  
ST. CHARLES



**ENGLEBERT HUMPERDINCK**  
SATURDAY, JAN 26



**MOLLY HATCHET**  
FRIDAY, FEB 8

**WINDY CITY ELVIS**  
COMPETITION  
SATURDAY, MAR 9

**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 Jan 8-Feb 28 1-2pm #17579  
RES \$96/NR \$144 PCC

**Beginner** TuTh Jan 8-Feb 28 2-3pm #17577  
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 Jan 12- Mar 2** 10-11am #17581  
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 Jan 16-Feb 27** 8:30-9:15am #17985  
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 Jan 18-Mar 1** 8:30-9:15am #17574  
RES \$35/NR \$53 PCC

### Bootcamp Gold

Participate in age appropriate drills and activities to improve, enhance and maintain strength, cardio capacity, balance and agility. Designed for the needs of the active, independent older adult, this class offers a new twist on traditional performance and conditioning activities. All fitness levels welcome!

**M Jan 7-Feb 25** 9:30-10:30am #18916  
RES \$ 48/NR \$72 PCC



# At the Movies...

Sponsored by 

**Tuesdays • 2pm & 6pm**

<b>Jan 8</b>	.....	Finding Your Feet , 2018 PG-13
<b>Jan 15</b>	.....	An Elephant's Journey, 2017 PG
<b>Jan 22</b>	.....	Home Again, 2017 PG-13
<b>Jan 29</b>	.....	Life of the Party, 2018 PG-13
<b>Feb 5</b>	.....	Goodbye Christopher Robin, 2017
<b>Feb 12</b>	.....	The Book of Henry, 2017 PG-13
<b>Feb 19</b>	.....	Searching, 2018 PG-13
<b>Feb 26</b>	.....	Mission Impossible: Fallout, 2018

\*All movies subject to change due to wait time.

## Taiji Sword Set

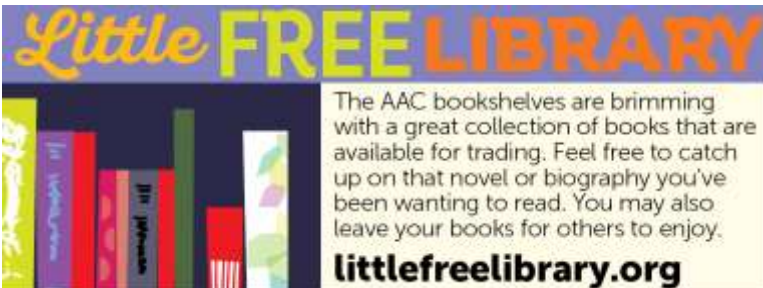
The classical Yang style taiji sword form follows all the basic taiji principles of the Yang style empty hand form. The addition of the sword deepens the practitioners understanding of the taiji basic principles and teaches how to project their energy (Qi) through the sword. Standard taiji metal or wooden practice swords required. Metal swords should have dulled edges and points. Tassels are optional. Participants should have some taiji experience or other martial arts training. Contact the instructor if you have any questions about requirements for this course.

**S Jan 12-Apr 13**      **9-10am**      **#17583**  
**RES \$112/NR \$168**           **PCC**

## Trip Presentation: Branson and Mackinac Island

Come to Potluck and stay to learn about the 4-day trips to Mackinac Island and Bay City Michigan as well as Branson Missouri offered by Fancy-Free Holidays. Free but please register.

**Th Feb 7**      **1-2pm**      **#17831**  
**FREE**           **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**



Now available!  
**Grocery pickup —**  
*fast, fresh, free*

### How it works



#### Order online

Shop anytime, anywhere. Choose a convenient pickup time and location.



#### We'll do the shopping

Experts pick the freshest items or your money back. We'll load your car in minutes.



#### Pick up for FREE

No markups on your items. Get the same Every Day Low Prices found in stores.



**Walmart.com/grocery**

Offer valid for first order only for Walmart Grocery online service, at participating stores. Minimum order of \$50. Only one discount code per order. Offer not transferable, and void where prohibited by law. Does not apply to alcohol purchases. Customer responsible for all applicable taxes. Offer subject to change or expire without notice.

**Walmart** 

**Proud supporter of the**  
**St. Charles Park District**



**Triton College Planetarium**

Take a journey of celestial discovery from the theories of ancient Greek astronomers to today's most powerful telescopes, as humanity strives to grasp our place in this vast universe. Lunch on your own at Café 64, home to the spectacular cuisine and service of Triton College's culinary arts students. Admission, sky show and transportation included. River Grove.

**Th Feb 21**      **9:30am-2pm**      **#18058**  
**\$17**      **PCC**

**Registration Deadline: Feb 14**



**Greenfields Tour**

Learn all about Greenfields Senior Living in Geneva. Offering independent and assisted living options, as well as memory care and skilled nursing care. Lunch, tour and transportation included. Geneva.

**T Feb 5**      **10am-1pm**      **#17982**  
**\$5**      **PCC**

**Registration Deadline: Jan 31**



**PINSTRIPES**  
*Bocce and Bowling*

**Tuesday, Jan 15 • 10:15am-2:45pm**  
**Age 50+ • Fee: \$50 • #17907**



Take a break from winter weather to gather with friends and have some fun! Engage in a game of bocce or lace up your bowling shoes! Games, lunch and transportation included. South Barrington.

**Registration Deadline: January 8**



### The Producers at Paramount

Under the right circumstances, a producer could make more money with a flop than he could with a hit. And so begins one of the most hilarious cons in musical theater history. Max used to be the king of Broadway, but after producing one too many flops, he's now just a has been forced to seduce little old ladies for money. The Producers is an uproariously funny musical with hilarious songs that will have you grinning from ear to ear throughout!

W Feb 27

10:30am –4:30pm

#17906

\$55

PCC

Registration Deadline: Feb 6



## Starved Rock EAGLE TOUR

Wednesday, Jan 30 • 9am-5pm

Age 50+ • Fee: \$75 • #17984

Enjoy lunch at the Starved Rock Lodge, then board a trolley to the Illinois Waterway Visitor Center for an eagle presentation. Dress warmly and bring binoculars and cameras. Motor coach transportation, eagle presentation and lunch included. Utica.

**Registration Deadline: January 14**

*Trips depart from and return to Pottawatomie Community Center, unless otherwise noted.*

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

PRESORT  
STANDARD  
U.S. POSTAGE PAID  
ST. CHARLES IL  
PERMIT NO. 140

**Lynne Yuill**  
Adult Activity Center Supervisor  
630-513-4324  
lyuill@stcparks.org

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



# Birds of Winter- EAGLES

**FREE**  
FOR AAC  
MEMBERS

*Ages  
50+*



**Tu • Jan 15 • 9:30-10:30am**

**AAC Members: FREE**

**Nonmembers \$2 • #17597**

Enjoy a presentation about this majestic bird and learn where you can spot it along the Fox River Valley. Light refreshments served.

**Held at Pottawatomie Community Center.**

**Pottawatomie Community Center • [stcnature.org](http://stcnature.org)**