

In the Know... On the Go!

WINTER 2023

Live Life Actively



Photo:
AAC members delight in sampling distilled spirits at Pollyanna Brewing & Distilling Co.

AAC Hours
M-Th • 8am-9pm
F-Sa • 8am-5pm
Su • 12-5pm

Holiday Hours:
Christmas Eve (Dec 24): Closed
Christmas Day (Dec 25): Closed
New Year's Eve (Dec 31): 8am-4pm
New Year's Day (Jan 1): Closed

Happy New Year to everyone!

When I reflect back on 2022, so many great memories stand out! Whether it was a slightly competitive Scrabble game, a bus trip to an exciting new venue, wine tasting or lunch at a new restaurant, AAC Members had plenty of opportunities to travel, socialize and make new connections. Our membership continues to grow! The weekday drop-in programs have attracted new participants so much that some days groups are overflowing into another room in the AAC. Weekends tend to be quiet in the AAC. If you have an idea for a new drop-in program, there are opportunities on the weekend to reserve space. Scrabble is back! Check the drop-in schedule for more information on this and other drop-in programs. AAC Membership fees are increasing in 2023 to \$15 for residents and \$23 for nonresidents. Your membership allows you to receive the newsletter mailed to your house, discounted or free registration for some programs and access to the Adult Activity Center 7 days a week! As always, I am grateful for your continued support.

Looking ahead to 2023, I am excited for a year full of new programs and trips! In lieu of our monthly luncheons, keep an eye out for seasonal lunch celebrations, with the first being our new Mardi Gras Celebration on February 21, Fat Tuesday! Music, history and lunch will provide for a festive day. We will continue to visit local restaurants once a month to explore new places. There is also an opportunity to show kindness to our neighbors residing in a local memory care facility. Random Acts of Kindness Week is in February and I am hoping some of you will join me in spreading compassion and thoughtfulness to others within our community. The Northern Illinois food Bank is another way to help others. Our group meets on the second Wednesday of each month. We have a dedicated group of volunteers and would love more! Of course, there are trips this winter with more to come in the spring.

I hope to see you at a program, on a trip, in a fitness class, or just visiting the AAC. Stop by and say hello anytime. Happy, healthy and safe 2023 to you all!

~Lynne

Mardi Gras Celebration

Put on your beads and get ready to have a great time while you enjoy a festive lunch! Historian and musician Tim Wilsey takes you down to New Orleans to celebrate Mardi Gras. Learn about its origins and some of the greatest musicians who influenced generations, from Louie Armstrong to Fats Domino. Lunch sponsored by Brighton Gardens of St. Charles.

Ages
50+

NEW! Tuesday • Feb 21
11:30am-1pm

AAC Member \$15/Nonmember \$20 • #30692
Pottawatomie Community Center



**Adult
Activity
Center**

A facility of the St. Charles Park District



Drop-In Programs

Monday	
12-4pm	Pinochle
12-4pm	Samba
Tuesday	
9am-12pm	Bridge
1-3pm	Scrabble
1-4pm	Mah Jongg
5-9pm	9-Ball Pool
WEDNESDAY	
9am-12pm	Queen Bees Quilting
9:30-11am	Bingo (1st & 3rd Wed)
12-4pm	Pinochle Club
12-4pm	Mah Jongg
1-2:30pm	Red Hot Book Readers (Last Wed of the Month)
1-4pm	Mah Jongg
THURSDAY	
9am-12pm	Duplicate Bridge (Bring Your Own Partner)
9am-12:30pm	Samba
1-3pm	Mexican Domino Train
1-4pm	9-Ball Pool
FRIDAY	
9am-12pm	Bridge
9:30am-12pm	Samba
1-3pm	Table Tennis
1-3pm	Tripoli

Interested in learning how to play Mah Jongg?
Contact Lynne at 630-513-4324.

Red Hot Book Readers
For the Winter books, contact Lynne at 630-513-4324.

Upcoming Activities & Opportunities

Northern Illinois Food Bank - Volunteer

Interested in helping the Fox Valley community? Volunteer with the AAC at the Northern Illinois Food Bank. Depending on the work needed and the skills of each volunteer, programs and activities will vary.

W Jan 11 9-11:30am #30639
W Feb 8 9-11:30am #30640
FREE but please register NIFB

Let's Do Lunch

Meet at the restaurant each month. Cost of lunch is on your own.

Wednesdays • 11:45am-1pm

Jan 11 Colonial Cafe • #30632
Feb 8 Outback Steakhouse • #30631

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. Cash or checks only.

Tu-W Jan 17-18 9am-1pm #30734
AARP Member \$20/Nonmember \$25 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. Advance registration required.

W Feb 1 10am-12pm #30951
FREE but please register PCC

NEW! AAC Medicare Coverage

When a loved one goes to the hospital, we used to assume that fancy gown meant they were admitted. However, observation status means we can no longer assume admission to the hospital has occurred. When admitted for rehabilitation, we are told we must improve in order to receive Medicare benefits. Join us to discover how observation status can help you in your recovery! Sponsored by Strohschein Law Group.

W Feb 15 1-2pm #30178
AAC Member FREE
Nonmember \$2 PCC

NEW! Random Acts of Kindness Day

Are you looking for a way to give back to others? There is no better way to help someone than to do something unexpected. Join others inspired to bring cheer and kindness to our community members at River Glen Memory Care in St. Charles. The group will meet to make goodie bags with needed items, then deliver to River Glen on Friday. Transportation provided.

F Feb 17 10-11:30am #30668
\$15 PCC

NEW! Cross Stitch with the Critters at Hickory Knolls Discovery Center

Winter is an excellent time to cozy in and work on your crafty skills! Participants in this program will receive a pattern and supplies for a small cross stitch project, based on the endangered Rusty Patched Bumble Bee. In-person instruction will be provided during the class, as well as time to work on the project independently. And if you don't finish the project in time, don't worry – those supplies are yours to take home! Light refreshments will be served.

Sa Feb 25 10-11:30am 30860
RES \$25/NR \$30 HKDC



NEW! AAC Duck, Duck, Goose... and Swan!

The Fox River's waterfowl scene changes seasonally, and winter is no exception. Mergansers, goldeneyes and buffleheads spend the cold weather months in our area; then, as winter starts to wane they're joined by other species like redheads, ruddies, ring-necked ducks and scaups. We'll learn how to identify these species and others, as well as larger birds like snow geese and swans. We might pop outside too for a brief field

W Mar 1 1-2pm #30690
AAC Member FREE
Nonmember \$2 PCC

AARP Tax Prep
FREE!

All Ages

Need assistance filing your taxes?

This FREE service will be offered to AAC members and the community.

To schedule your session, call 630-513-4323. Appointments available at 9am, 10am & 11am.

W Feb 8-Apr 12 PCC
FREE but please call for an appointment

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



Register Online
stcparks.org/register



FITNESS

Qigong

Use a variety of mindful movements to help the body balance its overall energy state. This is a follow along class for all abilities as techniques can be adjusted to accommodate limitations.

Sa Jan 7-Feb 25 9-10am #30634
RES \$64/NR \$96 PCC

Tai Chi Chuan

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 7-Feb 25 10-11am #30634
RES \$64/NR \$96 PCC

Tai Chi and Qigong for Older Adults

Beginner

TuTh Jan 3-Feb 23 2-3pm #30636
RES \$128/NR \$192 PCC

Intermediate

TuTh Jan 3-Feb 23 1-2pm #30637
RES \$128/NR \$192 PCC

Sit, Stretch & Tone

Class consists of stretching the entire body, resistance band and lightweight training while in the seated position.

WF Jan 4-Feb 24 8:30-9:15am #30635
RES \$128/NR \$192 PCC

Chair Yoga

Many traditional yoga poses can be replicated as sitting yoga poses or yoga stretches using a chair without getting up or down from the floor. Stretch your body, relax your mind, increase your flexibility and relieve your tensions. No experience necessary.

M Jan 9-Feb 27 9-10am #30629
RES \$64/NR \$96 PCC



Indoor Pickleball Courts

at Haines Gymnasium & Pottawatomie Community Center

For more info & hours:
stcparks.org/pickleball

Drop-In Daily Admission:
RES \$3/NR \$5 per person

Trips



NEW! Lunch & Learn Open House at Body Works Med

Regain a better quality of life! Join Dr. Nick and the team at BodyWorks Med for an informative presentation about ways you can move better, feel better and live better. If you have back, knee or shoulder pain, this is an opportunity to learn more. Tour the new facility in St. Charles and enjoy lunch afterwards. Tour, presentation, lunch and transportation included. St. Charles.

*Some walking

F Jan 20 11:45am-1:45pm #30671
\$8 PCC

Registration deadline: January 18



NEW! Schweikher House and Museum of Anesthesiology

Listed on the National Registry of Historic Places, the Schweikher House has its own position in the world of prairie school evolution. Learn about the background of the property, construction details of the house, and the history of architect Paul Schweikher. Lunch on your own at a local restaurant. Then, tour the Wood-Library Museum of Anesthesiology and learn of the history of anesthesia through important people, places and developments. Guided tours and transportation included. Schaumburg. *Active walking

M Jan 23 9:15am-2:15pm #30663
\$35 PCC

Registration deadline: January 15



NEW! Animal Encounters at Hickory Knolls

Enjoy an interactive tour of the Hickory Knolls Discovery Center! A Program Facilitator will walk you through the center, offering history and stories of resident animal ambassadors. Lunch on your own at a local restaurant after. Tour and transportation included. St. Charles. *Some walking

Tu Feb 7 9:45am-1:45pm #30754
\$5 PCC

Registration deadline: February 1

NEW! A Chorus Line at Drury Lane

This impassioned backstage look at the intimate lives of dancers auditioning for a Broadway chorus brilliantly combines stunning song and dance with a compelling, moving story. Beloved around the world, A Chorus Line is the ultimate love letter to Broadway! Lunch provided before the show. Lunch, admission and transportation included. Oak Brook. *Some walking

Th Feb 23 10:30am-5:30pm #30661
\$140 PCC

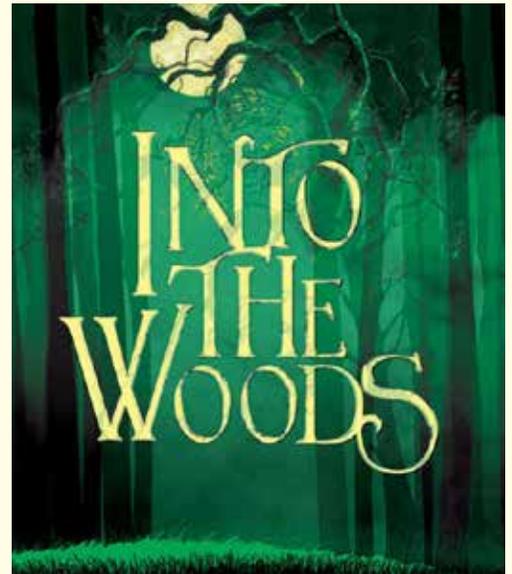
Registration deadline: January 31

NEW! Elgin Youth Symphony Orchestra

The award-winning Youth Orchestra is one of the largest, oldest and most esteemed youth orchestras in the nation. Hear performances by over 100 orchestra students including strings, woodwinds, brass and percussion. Each group will perform pieces that explore the concert theme *99% Invisible*; What layers of meaning exist beneath the surface of music, and what can that tell us about the world? Admission and transportation included. Elgin. *Minimal walking

Su Mar 12 1-4:30pm #30665
\$32 PCC

Registration deadline: March 7



NEW! Into the Woods at The Paramount with Lunch

A red cape, a strand of yellow hair, a golden shoe and a white cow. It's these four items that send a baker and his barren wife through the woods on a magical journey to reverse a spell cast by an evil witch. Throw in Little Red Riding Hood, Jack and the Beanstalk, Rapunzel and Cinderella and you have one of the most astounding and original fairytale retellings the stage has ever seen. Lunch at the Meyer Ballroom before the show. Lunch, admission and transportation included. Aurora. *Some walking

W Mar 15 11am-5pm #30666
\$95 PCC

Registration deadline: February 21

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

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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



INDOOR WALKING THROUGH MARCH
Improve Your Day with Steps & a Smile

Sportsplex Ages 18+
M • W • F
8:30-9:30am
10.5 laps around the outer edge of turf field = 1 mile

HAINES gymnasium
Tu • Th
12-1pm
13 laps around the gym = 1/2 mile

RES: FREE
NR: \$5 per person

stcparks.org/walking

Good Natured Hour FREE! Ages 18+
Tuesdays • 8-9pm

You've read the column. Now watch the show! Each week take a closer look at timely nature topics, supplementing them with video footage and one-on-one interviews with local characters. Guests will include insects, reptiles, amphibians, mammals and birds—or parts thereof—as well as, from time to time, humans who are making a positive impact on our local environment. **Hosted on Zoom.**

Purchase tickets: stcnature.org/events

Great Backyard Bird Count
at Hickory Knolls
Saturday • Feb 18

Join the Kane County Audubon and help count birds at Hickory Knolls as part of this global event!

INDOOR GOLF SIMULATOR
AT POTTAWATOMIE GOLF COURSE

Play virtual golf on 20 different prestigious courses! Launch monitor provides data on ball & swing speed, carry, roll & distance, path, contact and more to improve your swing performance. Play 9 holes, 18 holes or practice on the simulated driving range.

Everyday • 9am-4pm*
RES \$25/NR \$30 per hour
Hourly rentals available all year long.
** Evening hours available upon request.*

Reservations may be taken up to seven (7) days in advance.
For more details, call 630-584-8356.

CHICAGO CUBS at Milwaukee Brewers
SAVE THE DATE! Mon • July 3
Details in the Spring Activity Guide