

# In the Know... On the Go!

SUMMER 2023

## Live Life Actively



### **Photo:**

A trip to Wisconsin would not be complete without a stop at the Mars Cheese Castle!

### **AAC Hours**

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

### **Holiday Hours:**

Memorial Day (May 29): Closed  
Fourth of July (July 4): Closed

Greetings AAC Members!

The season of summer is ever so close! Time to enjoy the warmer weather, outdoor concerts, swimming, bike riding, golfing, playing bocce ball, paddling down the Fox River and so much more. There is something for everyone!

Don't miss the Dog Days of Summer Ice Cream social on Friday, July 28 from 1-2pm! Not only will there be cold ice cream, but a magic show too! There are also many exciting new trips this summer, including the Tall Ship Windy, Mary Poppins at the Fireside Theater and the Black Pointe Estate in Lake Geneva with a luncheon cruise and more. We even have a mystery trip in June. Several new programs are offered this summer too. Check out Pam Otto's Nuts About Squirrels. Want to learn more about the Navy? Join retired Captain Caroline Olinger for All Hands on Deck. If you would like to learn more about painting or baking, try the Pinot's Palette Wildflower Forest follow the leader canvas painting program or Tiny Kitchen's Mug Cakes and Cooking baking program. You will be in awe of the incredible collection of vintage gowns in History of the Victorian Bride. Don't get scammed by your bank, so plan to attend Investing and Avoiding Fraud for Seniors. Registration for these and other day trips, fitness classes, and programs begins on Monday, May 15 for park district residents, and Monday, May 22 for neighbors. Space is limited so sign up early.

You do not have to be a member of St. Patrick's Catholic Church on 400 Cedar Street in St. Charles to attend their monthly Loaves and Fishes Community Dinner. Serving those in need by providing a hot meal and companionship the 3rd Monday of each month from 5-7pm, attending is a great way to meet new people. Many AAC members attend, so you might just see a familiar face or two!

Did you know you it takes over 500 years for styrofoam to decompose? Help keep styrofoam out of our landfills by recycling it! The St. Charles Breakfast Rotary Club collects styrofoam on the 2nd Tuesday of each month (June 13, July 11, August 8 this summer) at the parking lot west of Baker Methodist Church, 307 Cedar Avenue in St. Charles. Once collected, it's taken to the Dart Foam Recycling Plant in North Aurora for proper recycling. Styrofoam must be able to be snapped, not bendable, and must be clean. Packing peanuts are not accepted. Thank you for keeping our earth free of styrofoam!

Hoping to see you around the AAC playing games, attending a trip or participating in a fitness class. Happy summer!

~Lynne

## Dog Days of Summer

# ICE CREAM SOCIAL

Friday • July 28 • 1-2pm

AAC Member \$15/Nonmember \$20 • #30694  
Pottawatomie Community Center

Ice scream, you scream, we all scream for ice cream! The dog days of summer are here, so why not cool off with a sweet, cool treat and enjoy some magic? Known for his magical personality, Scott Piner specializes in engaging audiences with interactive magic. Sponsored by Living Well.

NEW!

Ages  
50+



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
1-4pm	Mah Jongg
5-9pm	9-Ball Pool
WEDNESDAY	
9am-12pm	Queen Bees Quilting
9:30-11am	Bingo (1st & 3rd Wed)
12-4pm	Pinochle
12-4pm	Mah Jongg
1-2:30pm	Red Hot Book Readers (Last Wed of the Month)
THURSDAY	
9am	Duplicate Bridge (Bring Your Own Partner)
9am-12:30pm	Samba
1-3pm	Mexican Domino Train
1-4pm	9-Ball Pool
6-9pm	Mah Jongg
FRIDAY	
9am	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 Summer books, contact  
Lynne at 630-513-4324.



**Farm Stand**  
FulBuschel Farm & Produce  
Wednesday & Thursday • 3-7pm  
Saturdays • 9am-1pm  
at PRIMROSE FARM  
Visit Primrose Farm for your fresh produce  
grown using organic practices. More info:  
[primrosefarm.org/farmstand](http://primrosefarm.org/farmstand)

# Upcoming Activities & Opportunities

**NEW! AAC Investing and Avoiding Fraud for Seniors**

Learn the basics of investing as well as how to spot and avoid fraud. Become aware of the types of fraud often directed at seniors and the importance of planning for a time when we do not have good health or full capacity to manage our investments. *Sponsored by The Securities and Exchange Commission.*

Tu Jun 6 10-11am 31134  
AAC Member FREE PCC

**Northern Illinois Food Bank - Volunteer**

W Jun 14 9-11:30am 31814  
W Jul 12 9-11:30am 31815  
W Aug 9 9-11:30am 31816  
FREE but must register NIFB

**Let's Do Lunch**

Meet at the restaurant each month. *Cost of lunch is on your own.* Advance registration required.

**Wednesdays • 11:45am-1pm**  
June 14 Spotted Fox Ale House • #32018  
July 19 Village Squire • #32017  
August 16 Lupita's Cocina • #32019



**NEW! Tiny Kitchen Mug Cakes & Cookies**

Learn how to create and assemble a mug cake - the perfect dessert for one! Then, design your own cookie dough to bring home and bake up whenever the cookie craving hits! Take home recipes to use and your own container of ready to bake cookie dough.

M Jun 19 10-11am 32162  
RES \$22/NR \$27 PCC

**NEW! AAC All Hands on Deck**

Join Caroline Olinger, retired Captain of the US Navy, for an informative presentation on her time in the Navy. During her nearly 30 years of service, Caroline worked with fleet support and training, served at Guantanamo Bay and in Naples, Italy before finishing her career as a chief of staff at the Great Lakes Naval Training Center.

Tu Jun 20 1-2pm 32037  
AAC Member FREE PCC

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



**NEW! AAC Stay On Your Feet!**

Did you know that millions of Americans of all ages report balance and stability issues each year? Dr. Nick and the team at Body Works Medical will teach ways to keep yourself balanced by strengthening your core and staying on your feet. *Sponsored by Body Works Medical.*

F Jul 14 1-2pm 32465  
AAC Member FREE PCC

**NEW! Pinot's Palette - Wild Flower Forest**

Take a stroll through the forest where the wild flowers bloom. Join us to paint this beautiful abstract of a forest in bloom on a 16 x 20 canvas utilizing fast drying acrylic paint. No painting experience necessary. All materials provided.

M Jul 17 1-2pm 32187  
RES \$35/NR \$42 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. Cash or checks only.

Tu-W Jul 18-19 9am-1pm 30736  
AAC Member \$20 PCC  
Nonmember \$25

**NEW! AAC Nuts About Squirrels**

How much do you know about our nearby neighbors, the Sciuridae? Even though they have different habits, and habitats, tree squirrels, flying squirrels, ground squirrels, chipmunks and woodchucks all are members of this diverse family. They're also one of our best examples of watchable wildlife so after we learn a little about their lifestyles we'll head outside (weather permitting) for some squirrely fun.

W Jul 26 1-2pm 31988  
AAC Member FREE PCC

**NEW! AAC Temperature Extremes with Dr. Bartkus**

With the heat of another summer upon us, join geriatrician Dr. Ryan Bartkus as he talks about the medical facts of temperature extremes on the health of older patients, covering everything from heat stroke to hypothermia and what you can do to protect yourself from the elements.

Tu Aug 15 10-11am 32070  
AAC Member FREE PCC

**NEW! AAC History of the Victorian Bride**

Join Eve Faulkner as she shares her wedding dress exhibits of the Victorian Bride from 1864-1896. Learn what kinds of gowns brides wore and why, traditional wedding customs, Queen Victoria's Courtship, and more! Her collection covers 100 years, has been seen on the History Channel, seen in various magazines, and used in the American Girl Movie, Samantha.

M Aug 21 1-2pm 32012  
AAC Member FREE PCC

# Trips



## NEW! Baha'i Temple & Wilmette Historical Museum

Take a tour of one of only eight continental Baha'i Houses of Worship in the world, dedicated to joining worship of God with service to humanity. Learn more about the Baha'i faith and its profound teachings. After lunch on your own at a local restaurant, take a guided tour of the Wilmette Historical Museum and understand early immigrant stories, the history of the village, and lost historic buildings no longer around. Tours and transportation included. Wilmette. **Active walking.**

W Jun 7 8:30-3:30am 31931  
\$29 PCC

Registration Deadline: June 1

## NEW! MYSTERY TRIP

Add suspenseful excitement to your day going no one knows where! Enjoy the thrill of an adventure as you take a road trip to an unknown destination. Explore places with spontaneity and ease as all of the planning and transportation is provided. Lunch is on your own. Review this creative description encouraging you to sign up for this one-of-a-kind experience and try to guess the location. Venues will be revealed upon arrival.

Get moving out west for an udderly good time! Learn the ins and outs of animal care and food production. Then heigh ho the derry-o with a frozen dairy delight. **Active walking.**

Tu Jun 13 9am-3:30pm 31900  
\$24 PCC

Registration Deadline: June 6

## NEW! Black Pointe Estate & Lunch Cruise on Lake Geneva

Take a guided tour through the first two floors of this beautiful 1888 Queen Anne-style summer cottage, considered one of the finest examples of period architecture and furniture in the Midwest, and one of the oldest mansions in Lake Geneva. This outdoor site offers a stunning, picturesque view of the lake and surrounding countryside. Afterwards, enjoy a narrated luncheon cruise of the entire lake aboard the Grande Belle. Guided tour, lunch and transportation included. Lake Geneva. **Active walking.**

W Jun 28 7:30am-4:30pm 31801  
\$151 PCC

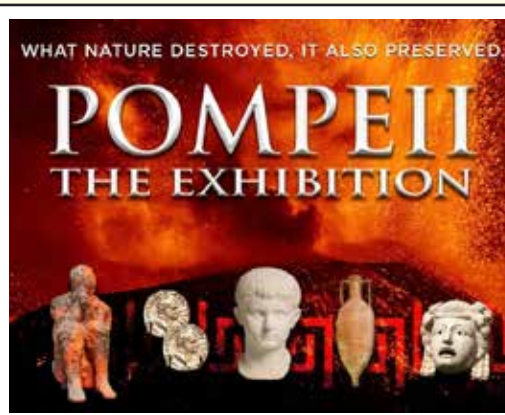
Registration Deadline: June 12

## NEW! Milwaukee Art Museum and Pabst Mansion

Experience a broad and diverse collection of over 32,000 pieces of artwork of various mediums including painting, sculpture, photography and more on a docent-led tour of the museum. After lunch on your own at a local restaurant, enjoy a docent-led tour of the fabulous Pabst Mansion. Tours and Motorcoach transportation included. Milwaukee. **Active walking.**

Th Jul 13 7:30am-5:30pm 31901  
\$134 PCC

Registration Deadline: July 6



## NEW! Pompeii Exhibit at MSI

Go back in time to the bustling commercial port and trading center that once was Pompeii. Explore the treasures, sculptures, jewelry, armor, weapons, coins and full body casts of the volcano's victims. Marvel at more than 150 precious artifacts that bring to life how people in this ancient city lived. Enjoy a boxed lunch and browse other exhibits within the museum to finish out your visit. Admission, lunch and transportation included. Chicago. **Active walking.**

W Aug 16 8:30am-4:30pm 32441  
\$80 PCC

Registration Deadline: July 31

## NEW! Burgers, Custard & Bobbleheads Tour

Begin the Motorcoach tour at the National Bobblehead Hall of Fame & Museum. Along our narrated guided city tour, enjoy lunch at a classic Milwaukee diner complete with poodle skirts, delve into a custard crawl with 2-3 stops at historic custard stands, and give two thumbs up with a visit and photo opportunity to Fonzie along the Milwaukee River. Admission, lunch, samples and Motorcoach transportation included. Milwaukee. **Active walking.**

W Jul 19 7:30am-6pm 31113  
\$183 PCC

Registration Deadline: July 11

## NEW! Andy Warhol Portfolios

Don't miss your chance to experience the Warhol Exhibition including 94 original works and additional interactive experiences! Start with a docent led talk, then embark on an artistic journey as you learn about one of the most popular and iconic artists in American history. Lunch on your own at a local restaurant. Admission and transportation included. Glen Ellyn. **Active walking.**

Tu Jul 25 8:30am-5:30pm 31904  
\$61 PCC

Registration Deadline: June 22

## NEW! Fitzgerald's Fish Boil and Lake Geneva Shopping

From antiques to wine, artwork to chocolates, there is something for everyone downtown Lake Geneva! After shopping, head to Fitzgerald's Genoa Junction for a traditional fish boil. Dinner and transportation included. Lake Geneva, WI. **Active walking.**

W Aug 2 12-7:30pm 31898  
\$72 PCC

Registration Deadline: July 26

## NEW! Tall Ship Windy at Navy Pier

Learn about the incredible tales of real pirate adventures that happened on the inland seas. Enjoy awe-inspiring views of the world-famous skyline of the Windy City while sailing the gentle waters of Lake Michigan. Assistive devices such as rolling walkers and wheelchairs must be left on the dockside storage area and may not be used on the ship. Lunch on your own at Navy Pier before the cruise. Cruise and transportation included. Chicago. **Some walking.**

Tu Aug 8 9:30am-4:30pm 31930  
\$126 PCC

Registration Deadline: July 27

## NEW! Mary Poppins at The Fireside Theater

The world's favorite "practically perfect" nanny comes alive on stage serving up more than a spoonful of delightful music, dancing, and laughter, featuring all the well-known popular songs, high-stepping dancing, and a treasure chest full of magic and mirth! Dinner served before the show. Admission, dinner and transportation included. Ft. Atkinson, WI. **Some walking.**

Th Aug 24 8:30am-6:30pm 31216  
\$160 PCC

Registration Deadline: July 22

## NEW! You Gotta Have Friends at White Pines

A gifted and varied group of women brings the humor, music, caring and special connections of girlfriends to life. You will smile, sing and nod in agreement at recollections of the lighter side of friendships, featuring loads of singing, skits, audience participation and nostalgia. Feast on a buffet lunch before the show. Admission, lunch and transportation included. Mt. Morris. **Minimal walking.**

Th Sep 7 10am-5pm 31226  
\$104 PCC

Registration Deadline: August 6



## NEW! Tempel Lipizzans & Lamb's Farm

Walk through the performance stables, meet some of the stallions and get acquainted with the history of the Lipizzans. Observe a daily training session and meet the trainers and riders! Lunch on your own before heading to Lamb's Farm. Check out the thrift shop, country store and bakery, garden and pet center and meet some farmyard friends! Tour and transportation provided. Old Mill Creek, Libertyville. **Active walking.**

Tu Sep 26 8:30am-5pm 32066  
\$65 PCC

Registration Deadline: August 20

**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



**Special Events  
All Season!**

**Sunset Cruises • All Ages**  
Select Thursdays, June-September

**Happy Hour Cruises • Ages 21+**  
Select Fridays, June-July

**BYOB Sunset Cruises • Ages 21+**  
Select Fridays, June-October

**Riverboat Eco Float • All Ages**  
Thursday • August 10 • 7-8pm  
Featuring nature expert Pam Otto & Culver's Root Beer Floats

**Monarchs & Mimosas • Ages 21+**  
Sunday • August 27 • 10:30am-12pm

More info & tickets: [stcriverboats.com](http://stcriverboats.com)



**FREE!** **Concerts  
IN THE PARK**

**Thursdays • 7pm**  
Lincoln Park Gazebo

**Starts  
May 25**

More info: [stcparks.org/summer-concerts](http://stcparks.org/summer-concerts)



**NATIVE PLANT SALE**

**Saturday • June 3 • 9am-2pm**

Hickory Knolls Discovery Center • 3795 Campton Hills Rd. • St. Charles  
Purchase plants onsite. Naturalists available to provide assistance.  
More details: [stcnature.org/native-plant-sale](http://stcnature.org/native-plant-sale)



**SENIOR  
Golf Days**

**EVERY MONDAY** \*Not including holidays

**Ages 60+** are invited to play a round of nine holes for **ONLY \$16**. Singles, couples and groups welcome, or bring your grandchildren for an additional \$16 per person. Cart rental is reduced to \$10 per rider.



**Backyard Games & Brats**

**Th • June 8 • 5:30-7:30pm**

Gather your group of four to battle it out for bragging rights playing these outdoor summer games: bocce ball, bags and fowling. After the friendly competition, relax and enjoy brats or hot dogs, chips and a cool drink. Meet at the bocce courts across from minigolf.

**RES \$40/NR \$48 per team of four**  
**Pottawatomie Park**

Purchase tickets: [stcparks.org/events](http://stcparks.org/events)

**Ages 16+**  
**NEW!**