

# In the Know... On the Go!

FALL 2023

## Live Life Actively



**Photo:**

Members visit the Civil War Museum in Kenosha, with a stop at the Mars Cheese Castle on the way home!

**AAC Hours**

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

**Holiday Hours:**

Labor Day (Sep 4): Closed  
Thanksgiving (Nov 23): Closed  
Day After Thanksgiving (Nov 24): 8am-4pm  
Christmas Eve (Dec 24): Closed  
Christmas Day (Dec 25): Closed  
New Year's Eve (Dec 31): 8am-4pm

Hello AAC members,

Thank you to all AAC Members who support the programs and trips offered by the St. Charles Park District each season! I am excited to share the lineup this fall.

Have you ever heard of volleyball played in a chair? Played with 6 seated people on each side, a beach ball and a pickleball net, chair volleyball looks like a blast! Join once a month for some upper extremity exercise, socialization, and certainly some laughter. If you'd like to learn more about restoration work done in the natural areas at Delnor Woods, join me for a Hike with a Naturalist in October. There are opportunities to play games such as Pictionary, Name That Tune and Trivia this fall, and don't miss the Remembering JFK luncheon.

I'm always looking for new members to join the AAC Advisory Board. We meet every other month and discuss what's happening in the AAC. Does anyone play a musical instrument and want to join others who also play? I would like to offer a time when those of you with musical talent can meet up and get creative! Reach out if you are interested or want more information.

Enjoy the fall leaves and cooler weather, as well as the holiday season later this year. Hope to see you around the AAC!

Lynne

## **Early Bird BREAKFAST**



**AAC**

**Here's your reason to get up early!** Enjoy a delicious morning meal hosted by the St. Charles Breakfast Rotary Club. Omelets made to your liking with donuts, coffee and juice.

**Tu • Sep 12 • 7:15-8:15am • #32009**  
AAC Member FREE / Nonmembers \$1  
Pottawatomie Community Center

**Flu, Tetanus, Shingles, Pneumonia and COVID vaccines available.** Administered by Osco Pharmacy. Billed to Medicare Part B for eligible participants. Walk-ins welcome. Bring your insurance card.

## **Hike with a Naturalist**

Walk through Delnor Woods Park and learn about the plant communities and how improving the park's ecology can impact soil, water and air quality. See up close the difference between managed and unmanaged areas, learn the methods used for their restoration, and hear about future plans for Delnor. Dress for the weather and wear comfortable shoes; paths may be uneven.

**Sa • Oct 21 • 9:30-11am • RES \$5/NR \$6 • #32009 (Meet at Delnor Woods Park, off Rt. 25)**

## **Remembering JFK**

 **Thursday • November 2**  
**11:30am-1pm**

The assassination of John F. Kennedy remains one of the greatest American murder mysteries. Join historian Tim Wilsey as he commemorates the 60th anniversary of the assassination of JFK. Enjoy lunch before the presentation sponsored by River Glen of St. Charles.

**AAC Member \$15 / Nonmember \$20 • #30695**  
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	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
1-4pm	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 Fall books, contact  
Lynne at 630-513-4324.



**A NIGHT OF BINGO**  
Wednesday, Oct 25 • 6-7:30pm  
AAC Members: FREE  
Nonmembers: \$1 #32010  
Join others for a friendly game of BINGO hosted by the St. Charles Breakfast Rotary Club.  
**Pottawatomie Community Center**

# Upcoming Activities & Opportunities

**NEW! AAC Chair Volleyball**  
This game follows the rules of regular volleyball except- players can't get out of their chairs! A beach ball replaces the volleyball, the net is lower and the game is played from a sitting position. There are health benefits too; it can help reduce stress, boost self-esteem and build confidence.

Tu Sep 5	10-11am	#32301
Tu Oct 3	10-11am	#32498
Tu Nov 7	10-11am	#32499
Tu Dec 5	10-11am	#32500
AAC Member FREE/Nonmember \$2		PCC

**NEW! AAC Leave Your Legacy**  
We will discuss the idea of legacy, meaning and purpose in our older years, and also learn some practical tips for leaving your own legacy. Sponsored by Golden Legacies.

M Sep 11	10-11am	#32525
AAC Member FREE/Nonmember \$2		PCC

**Northern Illinois Food Bank - Volunteer**

W Sep 13	9-11:30am	#32049
W Oct 11	9-11:30am	#32050
W Nov 8	9-11:30am	#32051
W Dec 13	9-11:30am	#32052
FREE but must register		

**Let's Do Lunch**  
Meet at the restaurant. *Cost of lunch is on your own.* Advance registration required.  
Wednesdays • 11:45am-1pm

Alexander's Cafe ... Sep 13 • #32045  
Hawthorne's Backyard Pub & Grill ..... Oct 11 • #32046  
Flagship on the Fox Nov 8 • #32044  
Red Robin ..... Dec 13 • #32047

**NEW! Paint a Wine Bottle with Lights**  
Join Pinot's Palette to paint a fall inspired wine bottle featuring seasonal flowers and pumpkins. Add mini fairy lights for sparkle. No experience necessary. Materials and guidance provided.

M Sep 18	1-2pm	#32188
RES \$29/NR \$35		PCC

**NEW! AAC Senior Living & Downsizing Myths...Debunked!**  
Learn what the most common senior living misconceptions are, the different types of senior living options available, as well as what the downsizing process entails, including packing and moving. Breakfast treats provided. Sponsored by Presto Real Estate and Assisted Living Locators.

M Sep 25	10-11am	#32454
AAC Member FREE/Nonmember \$2		PCC

**NEW! AAC Let's Dance! The Sandhill Crane Chronicles**  
Sandhill cranes migration is a magnificent sight to see, but so are many other aspects of their lives. Through photos and video take a look at their courtship, nesting and parenting behaviors, as well as what's up with their cousins the whoopers.

Tu Oct 10	1-2pm	#31989
AAC Member FREE/Nonmember \$2		PCC

**NEW! AAC What's Your Beat?**  
Explore the effect music has on our health and how different tempos and types of music might make us feel. Utilizing a vast spectrum of music genres, we will discuss the strategic use of different types music to provide daily benefits from heart health to exercise performance to decreasing depression symptoms. Sponsored by Northwestern Medicine Community Health.

M Oct 16	10-11am	#32302
AAC Member FREE/Nonmember \$2		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 pay the instructor. Cash or checks only.

Tu-W Oct 17-18	9am-1pm	#30737
AARP Member \$20/ Nonmember \$25		PCC

**Spread Some Kindness!**  
Join others inspired to bring cheer and kindness to our community members at The Bickford Assisted Living in St. Charles. The group will meet beforehand to make goodie bags with needed items, then deliver to The Bickford. Transportation to The Bickford provided.

Tu Oct 17	10-11:30am	#32609
\$15		PCC

**NEW! AAC Vaccines & the Older Population**  
It's that time to prepare ourselves for flu and Covid season. Love them or hate them, vaccines remain our foremost protection against infectious disease. As people age, vaccines can be a huge boon as natural immunity wanes. Join Dr. Ryan Bartkus, MD on the merits of vaccination in the older adult population.

Tu Oct 24	10-11am	#32071
AAC Member FREE/Nonmember \$2		PCC

**NEW! Halloween Cookie Decorating with Tiny Kitchen**  
Decorate a set of spooky sugar cookies using a variety of royal icing techniques! No experience necessary, all supplies provided.

M Oct 30	10-11am	#32163
RES \$22/NR \$27		PCC

**Rules of the Road**  
Learn current rules of the road and prepare for the vision, general written and driving portions of the test. Advance registration required.

W Nov 8	10am-12pm	#32055
FREE but please register		PCC

**Trim a Tree**  
Get into the spirit of the holiday season with a tree trimming party! Enjoy some sweet treats and festive music while decorating and mingling with friends.

M Dec 4	10-11am	#32041
FREE but please register		PCC

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



# Trips



## NEW! Lunch and Learn at The Landings

Explore options in senior living! Spend time at The Landings, an independent living, assisted living and memory care senior living community in Batavia. Take a tour, enjoy lunch and participate in an activity. Lunch, tour, activity and transportation included. Batavia. *\*Some walking*

**F Sep 8 11am-1pm #33074**  
\$8 PCC

**Registration Deadline: September 6**

## NEW! A Day in New Glarus

The day begins with a glimpse of 19th century Wisconsin Swiss pioneer life as you explore 14 artifact-filled buildings within the Swiss Historical Village. Leave with a complete understanding of how these brave immigrants lived and worked. After lunch on your own at a local restaurant, browse the quaint shops in the downtown area. Unwind from the day at Bailey's Run Vineyard, touring the distillery and tasting delicious wines. Admission, tours and motorcoach transportation included. New Glarus, Wisconsin. *\*Active walking*

**W Sep 20 7:30am-6:30pm #32497**  
\$135 PCC

**Registration Deadline: September 10**



## NEW! Little Shop of Horrors at the Paramount

Join us on Skid Row as meek and mild Seymour Krelborn eeks out a living space at the failing Mushnik's Flower Shop. One day, he discovers a strange and unusual plant he names Audrey II, one that feeds on human blood. Seymour becomes caught up in a wild scheme of trying to acquire fresh blood for his carnivorous plant, all while attempting to save the love of his life from her evil dentist boyfriend. Lunch at the Meyer Ballroom before the show. Lunch, admission and transportation included. Aurora. *\*Some walking*

**W Sep 27 11am-5pm #32068**  
\$104 PCC

**Registration Deadline: September 6**

## NEW! Ring of Fire at Drury Lane

Experience the story of Johnny Cash through his music! From country rock n' roll to searing ballads of love and faith, Cash's iconic songs highlight the incredible struggles and triumphs of his life. Lunch on your own at a local restaurant before the show. Admission and transportation included. Oak Brook Terrace. *\*Some walking*

**W Oct 4 11am-5:30pm #32072**  
\$125 PCC

**Registration Deadline: September 12**

## NEW! Nifty 50's & 60's at White Fence Farm

Relive the past! Remember when you could understand all the words to your favorite jukebox gems? Put on your poodle skirts and saddle shoes and have some fun with the jukebox gems of the 50's and 60's. Enjoy the famous chicken with all the fixings for lunch before the show. Show, lunch and transportation included. Romeoville. *\*Minimal walking*

**Th Oct 12 10:30am-5pm #32073**  
\$98 PCC

**Registration Deadline: September 30**

## NEW! What the Constitution Means to Me

What was once, may no longer be true. How do you chart freedom? How can you package liberty? Playwright Heidi Schreck's Pulitzer Prize nominated play dives into who the U.S. Constitution is really for, using her past teenage self, winning college money by debating the Constitution in American legion halls across the country. Hilarious, heartbreaking and insightful, this play shows the fight for freedom and equality is never done. Lunch at Harner's on your own before the play. Admission and transportation included. Aurora. *\*Minimal walking*

**W Oct 18 11am-5pm #32189**  
\$84 PCC

**Registration Deadline: October 3**

## NEW! Mystery in the Mansion

Take part in a quintessential whodunnit thriller and get thrown into an afternoon of mystery, intrigue and murder! With a killer crowd of people just waiting for murder to arrive, everyone will be looking over their shoulders and guessing who the next victim will be. Enjoy lunch and take a tour of the mansion once the murder mystery is solved. Admission and transportation included. Joliet. *\*Active walking*

**Th Oct 26 10am-3pm #32065**  
\$109 PCC

**Registration Deadline: October 9**



## NEW! Napier Settlement

Join us for a one-of-a-kind walking tour providing an overview of the more than 30 buildings onsite. Learn interesting facts and information about the historical houses and grounds from the people who know it best! In addition, a guided tour of the Victorian home of Naperville's earliest entrepreneurial family will finish out our day. Lunch on your own before the tour at a local restaurant. Tours and transportation included. Naperville. *\*Active walking*

**Tu Nov 7 11:30am-4pm #32523**  
\$25 PCC

**Registration Deadline: October 30**

## NEW! Inluro Candlemaking

Inluro offers a warm and inviting environment to kick back, relax and get creative! Enjoy an immersive scent-creation experience as you create your own custom scent made into a candle poured on site and ready to take home. After, enjoy lunch on your own at a local restaurant. Candle and transportation included. Geneva. *\*Some walking*

**W Nov 15 11am-2:30pm #32190**  
\$44 PCC

**Registration Deadline: November 11**



## NEW! Holiday Chicago Festive Food & Walking Tour

Stroll through Chicago's winter streets on this gourmet walking tour! Learn about Chicago's celebrated holiday traditions and sample generous tastes of classic Chicago foods and holiday treats as you walk. Visit the ChristKindlmarket, head to the Palmer House where brownies were invented to try the popular treat, sample Chicago's famous deep dish pizza and hot dogs, see the Christmas tree display at Millennium Park and more! Tour operates in all weather conditions, so dress appropriately. Tour, food, drink samples, gratuity and transportation included. Chicago. *\*Active walking*

**Sa Nov 18 10am-5:30pm #32305**  
\$155 PCC

**Registration Deadline: November 11**

## NEW! Charlie & the Chocolate Factory at the Paramount

Follow young Charlie Bucket and his Grandpa Joe as they join four other golden ticket winners to tour the magical and mysterious chocolate factory of eccentric 'Candy Man' Willy Wonka. Lunch at the Meyer Ballroom before the show. Lunch, admission and transportation included. Aurora. *\*Minimal walking*

**W Dec 6 11am-5pm #32069**  
\$100 PCC

**Registration Deadline: November 15**

## NEW! Crooner Christmas at Starved Rock Lodge

Enjoy a buffet lunch, then sit back and listen to acclaimed Chicago pop-jazz recording artist Peter Oprisko as he sings Christmas songs from classic crooners like Frank Sinatra, Elvis, Bing Crosby and Nat King Cole. Lunch, show and transportation included. Utica. *\*Minimal walking*

**Tu Dec 12 10am-5pm #32064**  
\$104 PCC

**Registration Deadline: December 5**

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



**Love Games?  
Let's Play!** **NEW!**  
Ages 50+

**Time Traveler Trivia**  
Tu • Sep 19 • 1-2pm • #32505

**Lunch & Play Pictionary!**  
M • Oct 2 • 11:30am-1pm • #32300

**Name That Tune**  
W • Nov 1 • 10-11am • #32506

Advance registration required.  
RES \$5/NR \$6 per person/per activity  
Pottawatomie Community Center

**BARN DANCE**  
Sep 16 • 5-9pm

Usher in the harvest season with music, dancing, a bonfire and an amazing sunset.

**ALL Ages**

**Advance Tickets**  
(by Sep 15): **\$13/person**

**Tickets at the door:**  
**\$15/person**

**Purchase tickets:** **primrosefarm.org/events**

**PRIMROSE FARM**

**INDOOR WALKING** **Ages 18+**  
**Nov-Mar**  
**Sportsplex**  
M-F • 8:30-9:30am  
**Haines Gymnasium**  
TuTh • 12-1pm  
**Drop-In: RES: FREE/NR: \$5**

**Jingle Bell BASH** **Ages 50+**

**Fri • Dec 1 • 11:30am-3pm**  
**Arcada Theatre**

**Event only • #32042**  
**AAC Member \$45/Nonmember \$68**  
**Transportation to/from PCC • #32043**  
**FREE but please register**

What a bright time, it's the right time to share holiday cheer with friends in the Speakeasy at The Arcada. Dancing, socializing and merriment! Entertainment provided by Edizon Dayao. Enjoy a delicious plated dinner. Cash bar will be available.

**Secrets of the Wine World** **Ages 21+**  
**Sat • Oct 21 • 1-2:30pm**  
**RES \$36/NR \$44**

Join Sommelier Timothy Campbell for a fun and fact-filled exploration of the history of wine. Everyone from serious tasters to those who enjoy a glass of wine now and again will walk away with a new appreciation for what's happening in today's dynamic wine world. Taste four different wines, learn about the grapes used, the winemaker and region for each wine.

**Pottawatomie Community Center**