

In the Know... On the Go!

WINTER 2024

Live Life Actively



Photo:

Members spread some kindness by distributing bags of comfort items to residents in a local memory care facility.

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): 12-4pm
New Year's Day (Jan 1): Closed

Join the AAC and...

Beginning in January, the AAC will no longer be providing Styrofoam coffee cups. Members are encouraged to use a carry in, carry out system by **bringing in their own cups/mugs to use**, then simply taking them home after use.



WHY THE SWITCH? Did you know...

- Styrofoam is the primary source of urban litter.
- Styrofoam products fill up 30% of landfills around the world and it is NOT a biodegradable product.
- Mistaken for food, Styrofoam can harm animals, often proving fatal.

Do your part, and help the AAC GO GREEN!

CHAIR Volleyball

Ages 50+ NEW!

Follow the rules of regular volleyball with one huge exception - players can't get out of their chairs! Using a beach ball and a lower net, the game is played from a sitting position. It can help reduce stress, boost self-esteem and build confidence.

Tuesdays • 10-11am
AAC Member: FREE/Nonmember: \$2
Jan 9 ... #33269 Feb 13 .. #33270

Leap Year Luncheon

Join us for a sensational celebration on Leap Day 2024 as we take a nostalgic musical journey through the top songs from Leap Years past! Prepare to sway and groove to the timeless hits that graced the airwaves during each leap year from 1956 to 1976. It will be a joy ride through the greatest decades in music, so don your best attire from your favorite era and be part of the festivities! Lunch sponsored by Brighton Gardens of St. Charles.

Thursday • Feb 29 • 11:30am-1pm
AAC Member \$15/Nonmember \$20 • #32510
Pottawatomie Community Center

NEW!
Ages 50+



Adult Activity Center

A facility of the St. Charles Park District

Upcoming Activities & Opportunities



Drop-In Programs

Monday	
12-4pm	Pinochle
12:30-4pm	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 Winter books, contact Lynne at 630-513-4324.



Northern Illinois Food Bank - Volunteer

W Jan 10 9-11:30am #32636
 W Feb 14 9-11:30am #32637
 FREE but must register NIFB

Caregivers Toolbox

Emotional, mental, and physical exhaustion. If you are a caregiver, you have likely experienced any of all of these types of exhaustion, common due to the prolonged and overwhelming stress of care-giving. Learn about the tools and resources to assist the caregivers in your life. Sponsored by Strohschein Law Group.

W Jan 10 1-2pm #32514
 AAC Member FREE/Nonmember \$2 PCC



Hittin' the Trails at Hickory

Ready to get back in touch with nature and meet like-minded individuals? Our adult hiking club at the nature center is the perfect opportunity! Join us for a series of hikes throughout the new year, featuring a wide range of trails and terrains. All levels of hikers are welcome to join in on the fun.

F Jan 12 9-10:30am #33959
 F Feb 9 9-10:30am #33960
 RES \$5/NR \$6 HKDC

Let's Do Lunch

Join us as we head to different lunch locations on the **last Wednesday of each month**. Meet at the restaurant. **Cost of lunch is on your own.** Advance registration required.

Wednesdays • 11:45am-1pm

Rookies Jan 31 • #32633
 Apple Villa Feb 28 • #32634

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 16-17 9am-1pm #33150
 AARP Member \$20/Nonmember \$25 PCC

NEW! AAC Winter Tracks

Our wildlife neighbors might be shy about showing themselves, but they certainly do not shy away from leaving evidence of their presence. Tracks, trail patterns, scat and other signs abound and, when we're lucky enough to have some snow on the ground, can be relatively easy to read—when you know what to look for. You'll never look at 'bare' ground the same again!

M Jan 22 1-2pm #33154
 AAC Member FREE/Nonmember \$2 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 7 10am-12pm #32635
 FREE but must register PCC

NEW! AAC Cognition and Hearing

Learn how we hear, the role of the brain, and steps you can take to reduce the risk of dementia. Sponsored by Geneva Hearing Services.

Th Feb 15 10-11am #33149
 AAC Member FREE/Nonmember \$2 PCC

NEW! AAC An Afternoon at the Movies-On Golden Pond

Sit back and enjoy a film masterpiece with theater popcorn, candy and drinks. Powerful, memorable, and emotional, On Golden Pond movingly explores the twilight years of a loving marriage.

W Feb 21 1-3pm #33136
 AAC Member FREE/Nonmember \$2 PCC

AARP Tax Prep

Need assistance filing your taxes?

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

FREE! Wednesdays • Feb 7-Apr 10
 9am & 10:30am
 Pottawatomie Community Center

To schedule your session, call 630-513-4323.

Register Online

stcparks.org/register

Rotary
 St. Charles Breakfast
 Rotary Club



FITNESS



Tai Chi and Qigong for Older Adults

Beginner

TuTh Jan 2-Feb 29 2-3pm #32630
RES \$144/NR \$194 PCC

Intermediate

TuTh Jan 2-Feb 29 1-2pm #32631
RES \$144/NR \$194 PCC

Sit, Stretch & Tone

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

WF Jan 3-Mar 1 8:30-9:15am #32629
RES \$144/NR \$194 PCC

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 6-Feb 24 9-10am #32628
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 6-Feb 24 10-11am #32632
RES \$64/NR \$96 PCC

Indoor Pickleball Courts

at Norris Recreation Center,
Pottawatomie Community Center &
Haines Gymnasium

For hours & fees:
stcparks.org/pickleball



Trips



Lunch and 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. Tour the new facility and enjoy lunch afterwards. Tour, presentation, lunch and transportation included. St. Charles. *Some walking

F Jan 12 11:45am-1:45pm #32466
\$8 PCC

Registration Deadline: January 6

Mystery Trip

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. Sign up for this one-of-a-kind experience and try to guess the location.

Sound the alarm! No need for buckets or horses. Benjamin Franklin would be proud. Where are we going? Board the bus to find out! Active walking

W Jan 24 9:15am-2:15pm #32638
\$19 PCC

Registration Deadline: January 17



Hard Rock Casino

Test your luck at more than 600 of the most popular slot machines or table games. Promotional package includes \$10 free slot play as well as an additional \$10 slot play when an email address is provided. Lunch on your own at the casino. Promotional package and transportation included. Rockford. *Active walking

Tu Feb 6 9am-4pm #33193
\$24 PCC

Registration Deadline: January 31

Chicago Tap Theater at Elgin Arts Center

Chicago Tap Theatre is a vibrant dance company with a unique mission to preserve the quintessentially American dance form of tap and to take tap to the next level of creativity and innovation. Dinner before the show at a local restaurant. Show and transportation included. Elgin. *Some walking

Sa Feb 10 5-10pm #33196
\$54 PCC

Registration Deadline: January 24

Fiddler on the Roof at Drury Lane

Set in the little village of Anatevka, the story of Tevye and his five daughters has been touching audiences worldwide with its humor, warmth, and honesty for generations. Lunch before the show. Admission, lunch and transportation included. Oak Brook Terrace. *Some walking

Th Feb 22 11am-5:30pm #32509
\$149 PCC

Registration Deadline: January 31



Billy Elliot at The Paramount

The music of Elton John brings to life the story of Billy Elliot, an 11-year-old English boy who stumbles upon a ballet class during his weekly boxing lesson. His surprise love for dance must be hidden at all costs. With the help from his sharp-tongued teacher, Billy gets the chance to attend a prestigious ballet school and must decide what is most important: doing what he loves or doing what other people want. Lunch at the Meyer Ballroom before the show. Admission, lunch and transportation included. Aurora. *Some walking

W Mar 6 11am-5pm #32511
\$108 PCC

Registration Deadline: February 19

John G. Glessner House

Its mighty walls guard the storied past of a legendary neighborhood in Chicago. John Glessner's career in the farming industry eventually lead to the formation of International Harvester. Although his name is not as well known as some of his contemporaries such as Marshall Field or George Pullman, Glessner's influence on the development of Gilded Age Chicago was considerable and his impact is still felt in many cultural institutions in Chicago today. Lunch on your own at a local restaurant. Guided tour and transportation included. Chicago. Active walking

F Mar 22 8:15am-3:15pm #32517
\$52 PCC

Registration Deadline: March 8

Refund Policy: For all refunds & transfers, a \$5 processing fee will apply. Bus trip refunds will be granted only if the vacated spot is filled. For complete refund policy, visit: stcparks.org/registration-information

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

HAINES gymnasium
through January

Tuesday & Thursday
12-1pm

13 laps = 1/2 mile

Ages 18+

Drop-In
RES: FREE
NR: \$5
per person

Sportsplex
through March

Monday-Friday
8:30-9:30am

10.5 laps around the outer edge of turf field = 1 mile

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

Sunday • 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! Sun • June 30

Details in the Spring Activity Guide