

In the Know... On the Go!

SUMMER 2024

Live Life Actively



Photo:

AAC Members volunteer each month at the Northern Illinois Food Bank, helping to feed our neighbors in need.

AAC Hours

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

Holiday Hours:

Memorial Day (May 27): Closed
Independence Day (July 4): Closed



**Adult
Activity
Center**

A facility of the St. Charles Park District

Summer Breeze Ballroom Bash

NEW!

**Ages
50+**

Thursday • June 20 • 11:30am-1pm

Join us for a delightful afternoon of delicious cuisine and captivating entertainment! Enjoy performances by Fred Astaire Dance Studio, maybe try out some moves yourself, or just tap your toes to the rhythm of the music! Lunch sponsored by Silverado Memory Care and entertainment sponsored by Fred Astaire Dance Studio St. Charles.

**AAC Member \$15/Nonmember \$20 • #33170
Baker Community Center**



BEAN BAG Baseball

NEW!

**Ages
50+**

Monday • July 8 • 10-11:30am

Some may recognize bean bag baseball as a modified game of Bags or Cornhole. The 'batter' stands at home plate and pitches his bean bags to the board 17 feet across the room. Each hole on the board is marked with a baseball action: single, double, triple, home run, out. The batter takes the action of the hole in which his bean bag falls. Learn from some pros - members of Heritage Woods in Batavia - who have been playing bean bag baseball for years. No experience necessary. Let's play ball!

**AAC Member FREE/Nonmember \$2 • #34662
Pottawatomie Community Center**



Lunch with Julia Child

Thursday • August 15 • 11:30am-1pm

Award winning actress and scholar Leslie Goddard portrays Julia Child, the famous chef, author and television personality who brought French cuisine to American audiences in the 1960's. Her one woman play gives life to women of the past, bringing history alive in a fun, inspiring and educational way. Lunch sponsored by Silverado.

**AAC Member \$15/Nonmember \$20 • #33126
Pottawatomie Community Center**



NEW!

**Ages
50+**

Drop-In Programs

MONDAY	
12-4pm	Pinochle
12:30-4pm	Samba
TUESDAY	
9am-12pm	Bridge
1-4pm	Mah Jongg
5-8:30pm	9-Ball Pool
WEDNESDAY	
9am-12pm	Queen Bees Quilting
9:30-11am	Bingo (1st & 3rd Wed)
12-4pm	Pinochle
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
10am-12pm	Bocce (outdoor in Pottawatomie Park)
1-3pm	Mexican Domino Train
5-8:30pm	9-Ball Pool
FRIDAY	
9am-12pm	Bridge
9:30am-12:30pm	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
Elder Oaks Farm
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

Upcoming Activities & Opportunities

NEW! **Lunch & Learn - The Only Thing Falling Should Be Raindrops**

Falls and their subsequent injuries should be seen as a health priority as research supports the most effective interventions to manage fall risks are those that incorporate exercise. Receive a balance and walking evaluation along with exercises to reduce your risk of falling. *Lunch and program sponsored by Fox Rehabilitation.*

W Jun 5 11:30am-1pm #34542
RES \$5/NR \$6 PCC

NEW! **AAC A Baltimore Oriole Tutorial**

Drifting along on a warm breeze, the liquid notes of the Baltimore oriole's song are a sure sign that spring has sprung and summer is on its way. These colorful birds delight us with their brilliant colors and astounding nest-building abilities, but how much do we really know about them? We'll take a look at their annual life cycle and how our actions affect them, and answer the eternal question: Grape jelly, yes or no? Weather permitting, a short walk will follow this indoor presentation.

W Jun 5 1-2pm #34535
AAC Member FREE/Nonmember \$2 PCC

NEW! **Follow the Leader Painting Party: Summer Swans**

Paint a beautiful swan floating along the water, suitable to hang as decor or give as a gift. Receive step-by-step instructions from an AAC Member leading you to create your own, unique masterpiece using acrylic paints. All supplies provided, no experience necessary.

M Jun 10 10-11:30am #34570
RES \$10/NR \$12 PCC

Northern Illinois Food Bank - Volunteer

W June 12 9-11:30am #33178
W July 10 9-11:30am #33179
W August 14 9-11:30am #33180
FREE but please register NIFB

NEW! **Lunch & Learn - Internet Safety and Online Scams**

The internet is amazing, however there are predators that use the internet to lure people into giving them sensitive and confidential information and then use that information to compromise bank accounts, credit cards and more. Join Senior Tech Support owner Tony LaPalio for a presentation on internet safety, how to spot online scams, and what to do if you get involved in one. *Lunch sponsored by Tower Hill Health Care.*

Tu Jun 18 11:30am-1pm #34432
RES \$5/NR \$6 PCC

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 • 11:15am-12:30pm

Old Towne Pub & Eatery June 26 • #34005
Colonial Cafe July 31 • #34006
Southern Cafe - The Nasty Biscuit Aug 28 • #34004

NEW! **AAC Digestive Issues & the Older Adult**

Join geriatrician and primary care physician Dr. Ryan Bartkus to fill your brains with knowledge about the aging digestive system. We will review prevalent topics about the function of your gut, including constipation, acid reflux, hernias and all sorts of other pleasant mealtime conversation.

Tu Jul 16 10-11am #34433
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 plan to pay the instructor for this class. Cash or checks only.

Tu-W Jul 16-17 9am-1pm #33152
AARP Member \$20/Nonmember \$25 PCC

NEW! **AAC Know Your Nose**

Understand everything there is to know about your nose from a Family Nurse Practitioner, including common ailments such as sinus congestion, nasal airway obstruction, and runny, drippy noses. Learn treatment options available and how you can breathe easier!

W Jul 24 10-11am #34572
AAC Member FREE/Nonmember \$2 PCC

NEW! **Elegant Autumn - Pinot's Palette**

Paint your own Autumn inspired 16 x 20 canvas as you follow along with guidance from the creative minds of Pinot's Palette. No experience needed, all supplies included.

M Aug 5 10-11:30am #34430
RES \$40/NR \$48 PCC

NEW! **AAC Taking Care of Your Future After a New Diagnosis**

A new medical diagnosis can be life changing and overwhelming with the myriad of questions that arise. Join us as we explore some considerations that can help you regain control of your future and allow you to live life to the fullest. *Sponsored by Strohschein Law.*

W Aug 14 1-2pm #34567
AAC Member FREE/Nonmember \$2 PCC

NEW! **AAC Cooking with 5 Ingredients or Less!**

Streamline your weekly meal prep with a cooking demo as you learn how to make a soup, appetizer, main course and dessert using 5 ingredients each.

W Aug 21 1-2pm #34156
AAC Member FREE/Nonmember \$2 PCC

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



Rotary
St. Charles Breakfast
Rotary Club

Trips



NEW! Graceland Cemetery Tour

Take a guided tour of one of Chicago's finest hidden treasures. This cemetery is the final resting place to many prominent Chicago figures, including athletes, politicians, industrialists and many of the finest architects of the last century. Even with all of its 150 years of history, Graceland Cemetery is still an active cemetery and arboretum. Lunch at Ann Sather Restaurant on your own. Tour and transportation included. Chicago. *Active Walking*.

Tu Jun 4 8:30am-4:30pm #33197
\$34 PCC

Registration deadline: May 31

NEW! Elvis & Tom Jones - Denny Diamond at White Fence Farm

Denny Diamond performs songs made famous by these two legendary performers during their live shows in Las Vegas. Before the show, feast on the famous fried chicken, homemade corn fritters, potato and more! Lunch, show and transportation included. Romeoville. *Minimal Walking*.

Tu Jun 11 10am-4:30pm #34431
\$104 PCC

Registration deadline: June 3

NEW! Architecture River Cruise

There's nothing like seeing Chicago's world-famous architecture from all 3 branches of the Chicago River. From hidden treasures to well-known sites, sit back and enjoy over 40 Chicago landmarks as your tour guide tells you how the buildings, engineering and architecture made the city famous. Lunch on your own at Navy Pier before the tour. Tour and transportation included. Chicago. *Active Walking*.

W Jun 19 9am-5pm #34516
\$85 PCC

Registration deadline: June 10

NEW! 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.

Experience the thrill of adventure, fueled by boundless curiosity and relentless innovation. Don't forget your essentials! *Active Walking*.

W Jul 10 8:30am-2:30pm #34820
\$19 PCC

Registration deadline: July 3

NEW! I & M Canal Boat Tour

Step back into 1848 with period-clothed boat crew and friendly mule guiding you along the historic Illinois & Michigan Canal for an hour-long ride. Then, enjoy a hearty Boat Captain's lunch in the Visitor Center featuring additional information and exhibits about the canal. Boat ride, lunch and transportation included. La Salle. *Some Walking*.

W Jul 17 9:15am-5:15pm #34500
\$99 PCC

Registration deadline: June 27

NEW! Down to the Funny Bone at White Pines

This one-man show will lift your spirits with a rich collection of laugh-out-loud comedy songs. Tom Waselchuk shares a treasure trove of musical wit and presents an array of comic songs ranging from the clever and whimsical to the absurd and outright hilarious. Hot lunch buffet, show and transportation included. Mt. Morris. *Minimal Walking*.

Tu Jul 23 10am-5pm #34434
\$127 PCC

Registration deadline: June 22



NEW! Million Dollar Quartet at The Metropolis

This Tony Award-nominated musical takes us inside one of the greatest rock 'n' roll jam sessions ever recorded, with four legendary musicians doing what they loved most: expressing life's joy and sadness through song. Million Dollar Quartet will have you rocking down memory lane with more than 20 chart-topping hits like "Blue Suede Shoes," "Great Balls of Fire," "I Walk the Line" and more. Lunch on your own at Armand's Restaurant before the show. Admission and transportation included. Arlington Heights. *Some Walking*.

Th Jul 25 11:30am-5:30pm #32508
\$99 PCC

Registration deadline: July 10

NEW! Lunch & Wine Tasting at River Glen

Discover a reimagined senior living experience at River Glen St. Charles. Take a tour of both the independent townhouse and assisted living communities, enjoy a delicious lunch, and delight in wine tasting too! Tour, lunch, wine tasting and transportation included. St. Charles. *Active Walking*.

Tu Jul 30 11am-2pm #34537
\$10 PCC

Registration deadline: July 23

NEW! Ottawa's Underground Railroad Uncovered

Embark on a captivating journey and discover Ottawa's pivotal role in aiding potentially thousands of enslaved people in their quest for freedom in Canada, navigating a clandestine network of routes and safe havens. Unearth the ingenious utilization of the I & M Canal in ferrying slaves, and delve into their perilous nocturnal journeys on foot. Lunch on your own at Lone Buffalo Restaurant. Tour and transportation included. Ottawa. *Active Walking*.

Th Aug 1 8:30am-3:30pm #33971
\$74 PCC

Registration deadline: July 24

NEW! Beehive at Marriott Lincolnshire

The ultimate celebration of 1960's female empowerment, nostalgically recalling the days of miniskirts, transistor radios and flower power. Lunch, show and transportation included. Lincolnshire. *Minimal Walking*.

W Aug 7 9:30am-5pm #33947
\$132 PCC

Registration deadline: July 6

NEW! Heatwave, Songs of the Summer at Starved Rock

Let the sunshine in! Reminisce about songs from the 1920's -1980's featuring artists like The Beach Boys, Van Morrison, The Beatles, Donna Summer, Martha and the Vandellas, Otis Redding, Chicago, The Drifters and more. Enjoy a delicious hot lunch buffet before the music starts. Show, lunch and transportation included. Oglesby. *Minimal Walking*.

Tu Aug 13 9:45am-4:45pm #34435
\$125 PCC

Registration deadline: August 8

NEW! Rivendell Alpaca Farm

Enjoy a tour and learn the history of the 124 year old family alpaca farm. Discover everything there is to know about alpacas and what the farm does with fibers. Get a chance to feed treats to the animals in the pasture and shop at the farm store! Lunch on your own before the tour. Alpaca tour and transportation included. Elgin. *Active Walking*.

M Aug 19 11am-3pm #34517
\$17 PCC

Registration deadline: August 12



Lake Geneva Ice Cream Social Boat Tour

What could be better on a summer day than taking in the sights of the lake with lunch and a sweet treat? Prior to departing, enjoy lunch at Gino's East. Then, sit back and relax while being entertained by a narrated tour of beautiful Lake Geneva as you delight in a generous serving of ice cream with yummy topping of your choice. Lunch, boat tour, ice cream and transportation included. Lake Geneva. *Some Walking*.

M Aug 26 10am-5:30pm #34436
\$122 PCC

Registration deadline: August 11

NEW! The Full Monty at The Paramount

A group of steelworkers in Buffalo, New York are facing layoffs. With their backs to the wall, they create a male strip show to help pay their mortgages and provide for their families. Contains adult language and brief nudity. Lunch before the show at the Meyer Ballroom. Show, lunch and transportation included. Aurora. *Some Walking*.

W Sep 18 11am-5pm #34556
\$112 PCC

Registration deadline: August 27

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: stparks.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



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.



History Sunday Cruises • All Ages
Last Sunday of the Month, May-October

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

Sunset Cruises • All Ages
Select Thursdays, June 20 & July 18

Roaring River Cruise • Ages 21+
Tuesday • July 23 • 6-7:15pm
with the St. Charles History Museum

Nature Scoops • All Ages
Thursday • August 8 • 7-8pm
Featuring nature expert Pam Otto & Kimmer's Ice Cream

More info & tickets: stcriverboats.com

FREE! **Concerts**
IN THE PARK
Thursdays • 7pm
Lincoln Park Gazebo

Starts May 23

More info: stcparks.org/summer-concerts

NATIVE PLANT SALE
Saturday • June 1 • 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

Soup, Salad & BINGO
Ages 50+

Fri • July 15 • 11:30am-1:30pm
RES \$10/NR \$12 • #34584

The classic crossword game Scrabble is full-on fun! Whether you're a beginner or an expert, it's a great way to socialize with others. Soup, salad and dessert provided.

Pottawatomie Community Center

A NIGHT OF BINGO
Ages 50+

Wed • Aug 28 • 6-7:30pm
AAC Members: FREE
Nonmembers: \$1 (#34546)

Who likes BINGO? Join this friendly BINGO competition, hosted by the St. Charles Breakfast Rotary. Plenty of prizes to win.

Pottawatomie Community Center