

# In the Know... On the Go!

WINTER 2026

## Live Life Actively



**Photo:**

Register for a day trip & visit exciting places like the Reddick Mansion in Ottawa.

**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

Winter registration opens at 8am  
Dec 10 for Residents & Dec 17 for Nonresidents

Hello AAC members,

Cheers to a bright New Year! Wishing you happiness, health, and all good things in the months ahead.

To help keep the AAC running smoothly and enjoyable for all, we've put a few simple guidelines in place. Please do not leave personal items at the center, as space is shared and we want to keep it safe and clutter-free for everyone. When using your cell phone, we kindly ask that you avoid the speaker setting so conversations stay private and the space stays peaceful.

We also ask that members must be actively participating in an activity while in the common areas. All furniture and equipment must be returned to their proper places after use. These small steps help us keep the center welcoming, organized, and enjoyable for everyone. Thank you for your understanding and cooperation!

*Lynne*

### *Lunch & Legends* **A Motown Experience**

**Thursday • February 5 • 11:30am-1pm**

From Detroit to the world, one beat at a time. Sit back and enjoy Michael Joseph as he sings songs from musicians who performed the most beloved hits from Motown's classic era, including songs by the Temptations, Stevie Wonder, Diana Ross and the Supremes, Marvin Gaye and the Jackson 5 among others. Lunch provided by 1776 Senior Care.

**AAC Member \$20/Nonmember \$25 • #38389**  
**Pottawatomie Community Center**

**NEW!**

**Ages  
50+**

### **Secret Codes to Freedom LUNCHEON**

**Monday • February 9 • 12:30-2:30pm**

Step back in time and uncover the stories stitched into pre-Civil War quilts—treasured textiles that reveal the artistry, resilience, and resourcefulness of early American women. Learn about the fabrics, patterns, and symbolism behind these historic creations, and what they tell us about life before the Civil War. Before the presentation, enjoy a delicious lunch and time to share conversation and reflections with fellow history and quilt enthusiasts.

**AAC Member \$20/Nonmember \$25 • #38543**  
**Pottawatomie Community Center**

**NEW!**

**Ages  
50+**



**Adult  
Activity  
Center**

A facility of the St. Charles Park District

# Upcoming Activities & Opportunities

## **AAC Dime Jingle**

Come and see what everyone is excited about! Similar to Bingo but with a twist, we play with a deck of cards. Take home a gift card each time you win! No experience necessary and very easy to learn. If you enjoy playing cards or bingo, this is the game for you.

**M Jan 5 10-11am #38455**  
**M Feb 2 10-11am #38456**  
**AAC Member FREE/Nonmember \$2 PCC**

## **NEW! AAC Cognitive Fitness and Brain Balance**

This fun and interactive program is designed to help you boost brain health while improving balance and coordination. Participate in simple memory and thinking activities, light movement exercises, and learn practical tips to support everyday independence. The focus is on keeping the mind engaged, the body steady, and the spirit uplifted. No special experience is needed—just come ready to learn, move, and enjoy connecting with others in a supportive environment. Sponsored by BodyWorks Medical.

**F Jan 9 1-2pm #38382**  
**AAC Member FREE/Nonmember \$2 PCC**

## **NEW! AAC Downton Abbey!**

Step back in time and join us for the first two seasons of Downton Abbey. Each week, two episodes will be shown. Whether you are a devoted admirer of the Crawley family upstairs or the resilient staff downstairs, this is the perfect occasion to revisit a beloved era. Get ready for an afternoon of drama, romance, and tea. Bring your favorite teacup if you wish!

**Su Jan 11-Feb 15 2-4pm #38615**  
**AAC Member FREE/Nonmember \$2 PCC**

## **NEW! Pinot's Palette - Glass Blossoms**

Capture the serene beauty of Monet's Water Lily Garden in this unique painting class, where you'll create a luminous design on a lighted glass block, finished with a decorative ribbon. No experience necessary. All supplies included.

**M Jan 12 10-11:30am #38383**  
**RES \$47/NR \$57 PCC**



## **NEW! Extended Travel Program - Alpine Swiss Villages, Cape Cod**

Keith Mills from Premier World Travel Discovery will highlight trips to the Alpine Swiss Villages and Rails, as well as Cape Cod and the Islands in summer and fall of 2026. Highlights of the tours include rail excursions, shopping and sightseeing in Switzerland, and tours of Martha's Vineyard, Newport, and Nantucket Island in Cape Cod. Get ready to pack your bags and enjoy time away!

**M Jan 12 1-2pm #38475**  
**FREE but please register PCC**

## **NEW! AAC Curious Creatures-Salamanders**

Many of us have been acquainted with some of our common amphibians such as frogs and toads, however, there is another local amphibian lurking around these parts. A lesser known more secretive creature inhabits Hickory Knolls Natural Area, the North American Tiger Salamander. Learn more about Tiger Salamanders as a species and their role in the ecosystem.

**Tu Jan 13 1-2pm #38384**  
**AAC Member FREE/Nonmember \$2 PCC**



## **Northern Illinois Food Bank - Volunteer**

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

**W Jan 14 9-11:30am #38393**  
**W Feb 11 9-11:30am #38394**  
**FREE but must register NIFB**

## **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 20-21 9am-1pm #38381**  
**AARP Member \$20/Nonmember \$25 PCC**

## **NEW! AAC Navigating Medicare Costs and Planning Ahead for Care**

Learn why costs increase, how to navigate plan networks, and ways to save money while maximizing your coverage. Since the leading cause of bankruptcy in retirement is extended care, something Medicare often doesn't cover, explore smart strategies for planning ahead. Discover how to safeguard your assets, plan for long-term care needs, and preserve your financial legacy. Sponsored by Key Retirement Solutions.

**W Jan 21 1-2pm #38402**  
**AAC Member FREE/Nonmember \$2 PCC**

## **NEW! Winter Berries**

Grab a brush and learn to paint a canvas of festive winter berries. Thorough instruction and a pre-sketched canvas ensure that you will have fun and walk away with a beautiful piece of art. All supplies provided.

**F Jan 23 10am-12pm #38409**  
**RES \$50/NR \$60 PCC**

## **AAC Bean Bag Baseball**

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. No experience necessary. Let's play ball!

**M Jan 26 10-11am #38416**  
**M Feb 23 10-11am #38417**  
**AAC Member FREE/Nonmember \$2 PCC**



## **NEW! AAC Reminiscing Roundtable - Hometown Memories**

Step back in time and share cherished memories of days gone by. Reflect on the sights, sounds, and experiences of growing up in St. Charles or along the Fox River—whether it's favorite hangouts, local traditions, or stories of neighbors who made an impact. Through conversation, photos, and shared laughter, this program creates a welcoming space to connect with others, celebrate personal histories, and keep the spirit of our community alive. Bring your pictures or childhood items if you have them. Coffee provided.

**Tu Jan 27 9:30-10:30am #38431**  
**AAC Member FREE/Nonmember \$2 PCC**

## **Let's Do Lunch - Tasty Biscuit**

Join others for a fun outing as you explore a local restaurant together. Good conversation, great flavors, and plenty of laughs are on the menu. Come hungry and ready for a memorable dining adventure. **Meet at the restaurant. Cost of lunch on your own.**

**W Jan 28 11:15am-12:45pm #38386**  
**Please register**

## **NEW! AAC From Huh? To Hearing - What's Really Going on with Your Ears**

Imagine a world where you are always a part of the conversation - now you can. Learn why people with hearing loss struggle with background noise, and how you can improve your ability to hear better. Sponsored by Geneva Hearing.

**W Feb 4 10-11am #38388**  
**AAC Member FREE/Nonmember \$2 PCC**

**Proud partners with:**

**Rotary**  
 St. Charles Breakfast  
 Rotary Club





# FITNESS

## Gigong

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 10-Feb 28 9-10am #38503**  
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 10-Feb 28 10-11am #38518**  
RES \$64/NR \$96 PCC

## Tai Chi and Qigong for Older Adults

### Beginner

**Tu Jan 6-Feb 24 2-3pm #38510**  
**Th Jan 8-Feb 26 2-3pm #38512**

### Intermediate

**Tu Jan 6-Feb 24 1-2pm #38516**  
**Th Jan 8-Feb 26 1-2pm #38514**  
RES \$64/NR \$96 PCC

## Sit, Stretch & Tone

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

**W Jan 7-Feb 25 8:30-9:15am #38509**  
**F Jan 9-Feb 27 8:30-9:15am #38507**  
RES \$64/NR \$96 PCC

## NEW! Movement Matters

Low impact cardio class offering health advantages from challenging your muscles, improving strength and balance, increasing mobility and flexibility and improving cardiovascular health, all while being gentle on your joints.

**Tu Jan 6-Feb 24 9:30-10:15am #38747**  
**F Jan 9-Feb 27 9:30-10:15am #38748**  
RES \$64/NR \$96 PCC



## AAC Drop-in Activities

Daily drop-in hours allow members the opportunity to participate in a wide variety of free activities. For a schedule, visit: [stcparks.org/aac](http://stcparks.org/aac)

# Trips



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 the planning, transportation and lunch is included!

*A craft that ends in silence, not sound; where balance is implied, though nothing ever tips.*

**W Jan 14 9:45am-1:45pm #38387**  
\$38 PCC

Registration Deadline: January 10



NEW!



## Sip into the Cellar at Lynfred Winery

Savor the wines and step behind the scenes. Experience an elegant wine tasting paired with a tour of the cellar. Explore the hidden treasures where each bottle of wine begins its journey at Lynfred Winery. Lunch at a local restaurant after the tour. Tasting, tour, and transportation included. Roselle.

**Tu Jan 20 10am-4pm #38472**  
\$57 PCC

Registration Deadline: January 13



## Hard Rock Casino

Test your luck at more than 600 of the most popular slot machines or table games including Blackjack, Texas Hold 'Em, and Three Card Poker. Promotional package includes \$10 slot play when an email address is provided. Lunch on your own at the casino. Promotional package and transportation included. Rockford.

**W Feb 18 9am-4pm #38411**  
\$28 PCC

Registration Deadline: February 11



NEW!



## Reptile Exhibit at Field Museum

Visit a place where the dinosaurs still roam, and the natural world of scientific and cultural discovery is on full display. In addition, explore the Reptiles Alive exhibit featuring 20 live reptiles from every corner of the planet, taking you on a world tour through deserts, oceans and the tropics while immersing you into the lives of snakes, lizards, crocodiles and more. Lunch on your own. Admission and transportation included. Chicago.

**Th Feb 26 8am-4pm #38392**  
\$76 PCC

Registration Deadline: February 14

NEW!



## Dear Evan Hansen

"Dear Evan Hansen: Today is going to be a good day and here's why..." That's how Evan starts every day, writing himself a letter about why it's going to be a good day. A coping mechanism for this lonely, anxious high schooler looking to fit in. It's because of these letters that Evan finds himself telling a well-meaning, little white lie that snowballs into a blizzard of untruths. In the end, his unforgettable journey demonstrates there is a place for everyone to feel love, acceptance and to be seen—even when you make mistakes. Lunch at the Meyer Ballroom before the show. Lunch, show and transportation included. Aurora.

**W Mar 4 11am-5pm #38593**  
\$95 PCC

Registration Deadline: February 10

## Trip Walking Guide



Minimal Walking



Some Walking



Active Walking

Trips depart from & return to Pottawatomie Community Center.

**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](http://stcparks.org/registration-information)

## St. Charles Park District

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

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



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## CORNY CELEBRATION

Celebrate National Popcorn Day! Sample a variety of popcorn plus learn fun and surprising facts about popcorn's history, pop culture moments, and why this humble kernel has stood the test of time. Sponsored by Pearl Health.

**Monday • January 19 • 1-2pm**  
**Pottawatomie Community Center**  
**RES \$7/NR \$9 • #38385**

NEW!

Ages  
50+



## Love Bites and Brain Teasers

NEW!

Ages  
50+

In celebration of Valentine's Day, indulge in a nostalgic candy tasting featuring classic favorites and a few surprises. As we enjoy the flavors of yesteryear and today, we'll also test our knowledge with lighthearted trivia — from famous love songs and romantic movies to sweet facts about your favorite candies. Sponsored by Autumn Leaves.

**Friday • February 13 • 1-2pm**  
**Pottawatomie Community Center**  
**RES \$7/NR \$9 • #38390**

## NACHO AVERAGE PARTY

NEW!

Ages  
50+

Get in the salsa spirit and join us for the ultimate chip and dip party complete with trivia, fun facts, music, and of course, tortilla chips! Sponsored by River Glen of St. Charles.

**Tuesday • February 24 • 1-2pm**  
**Pottawatomie Community Center**  
**RES \$7/NR \$9 • #38391**



## INDOOR GOLF SIMULATOR AT POTTAWATOMIE GOLF COURSE

Play virtual golf on more than 20 different prestigious courses, or just work on your game and the simulated driving range.

**January-March:**  
**Sunday, Tuesday, Thursday & Saturday**  
**9am-4pm\* • \$35 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.



## Indoor Walking

Ages  
18+

**Mon-Fri • 8:30-9:30am**  
**Drop-In: RES: FREE/NR: \$5 • Sportsplex**  
For updates: [stcsportsplex.org/walking](http://stcsportsplex.org/walking)  
Subject to cancellation without notice.