

# In the Know... On the Go!

SPRING 2026

## Live Life Actively



**Photo:**

The Quilting Bees show off their creative abilities as they decorate their showcase in the hallway outside the Adult Activity Center. The Bees meet Wednesday mornings from 9am-12pm.

**AAC Hours**

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

**Holiday Hours:**

Easter (April 5): Closed  
Memorial Day (May 25): Closed



## SAVE THE DATE

**Central Kane County Triad  
Senior Expo & Resource Fair  
Friday • May 22  
Pottawatomie Community Center**

Winter registration opens at 8am  
Feb 11 for Residents & Feb 18 for Nonresidents



**Adult  
Activity  
Center**

A facility of the St. Charles Park District

Hello AAC members,

Welcome spring with us! Our latest season is blooming with engaging programs, social activities, and exciting day trips designed to keep you active, connected, and having fun. I look forward to sharing new experiences, familiar favorites, and plenty of reasons to get out and enjoy the season together. Registration for spring programs begins at 8am February 11th for residents, and February 18th for our neighbors.

Keep an eye out for information about upcoming Central Kane County Triad events including the spring safety academy in Batavia in March, and the Senior Expo and Resource Fair in St. Charles in May.

Hope to see you in the AAC!

*Lynne*



## Lilac Love

**Friday • April 17 • 10am-12pm  
RES \$46/NR \$56 • #38410**

Join us for a relaxing and creative morning as you paint beautiful lilacs in full bloom, bringing spring's favorite flowers to life with color and brushstrokes! The instructor will guide you step-by-step in creating your own lilac masterpiece on canvas—no experience necessary. Supplies provided—just bring your creativity and a smile!

**Pottawatomie Community Center**



**ROUTE 66  
CELEBRATION LUNCHEON  
Monday • April 27 • 11:30am-1pm  
AAC Member \$20/Nonmember \$25 • #38733  
Pottawatomie Community Center**

**NEW!**

**Ages  
50+**

The name evokes images of gas stations, mom-and-pop motels, quirky attractions and an adventure on the open road. Explore and celebrate the 100th anniversary of Route 66, the iconic road that linked Chicago to Los Angeles from 1926 until it's closing in the mid-1980's. Enjoy lunch before historian Leslie Goddard explains why Route 66 remains so indelibly associated with the lore of the American road trip. Sponsored by Pearl Health.

# Upcoming Activities & Opportunities

## **AAC Dime Jingle**

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.

**M Mar 2 10-11am #38616**  
**M Apr 6 10-11am #38617**  
**M May 4 10-11am #38618**  
**AAC Member FREE/Nonmember \$2 PCC**

## **NEW! AAC AI Myth Busters**

Artificial intelligence is here to stay. It is already having profound impacts on the way we live and work. Understand AI trends and dispel common myths while learning how to use AI in your life. Discover how AI is being used by scammers and get tips to protect yourself. Sponsored by Home Instead.

**Tu Mar 3 10-11am #38592**  
**AAC Member FREE/Nonmember \$2 PCC**

## **NEW! Lunch and Learn - Tell Your Story, Leave Your Legacy**

Enjoy lunch and explore meaningful ways to leave your mark. Get started on your legacy project and share your love with future generations. Sponsored by Brave Transformations.

**M Mar 9 11:30am-1pm #38594**  
**RES \$7/NR \$9 PCC**

## **NEW! AAC Stop the Spin - Understanding Dizziness & Balance**

In this talk, with Dr. Maria Morrison, Audiologist + Tinnitus Specialist, learn the most common causes of dizziness, how to tell when it's ear-related (and when it's not), and what treatments and specialists can help you regain your balance and confidence. Sponsored by Geneva Hearing.

**W Mar 11 1-2pm #38595**  
**AAC Member FREE/Nonmember \$2 PCC**



## **AAC Potluck Lunch - Italian Beef**

Join us for a delicious potluck luncheon centered around a classic favorite—savory Italian beef! Bring your favorite side dish, salad, or dessert to share. Sponsored by Oasis Advisors.

**Th Mar 12 12-1pm #38596**  
**AAC Member FREE/Nonmember \$2 PCC**

## **NEW! Lunch and Learn - Yes You Do Need a Will and Estate Plan**

2 out of 3 Americans die without a will or trust. Learn how to spare your loved ones the hassle of probate by understanding the need for will and estate planning. Sponsored by Russo Law Offices and Indigo Bartlett.

**Th Mar 26 11:30am-1pm #38603**  
**RES \$7/NR \$9 PCC**

## **NEW! AAC A Fresh Look at Dry Eye**

Learn about dry eye disease, highlighting its causes, symptoms, and the latest advancements in diagnosis and treatment. Discover the importance of early detection and individualized care to improve comfort. Sponsored by Geneva Eye Clinic.

**Th Apr 2 10-11am #38607**  
**AAC Member FREE/Nonmember \$2 PCC**

## **NEW! Soft as Satin - A Hand Care Pampering Treat**

Enjoy a relaxing group pampering activity designed to soften, exfoliate, revitalize, and moisturize your hands. Take home a hand care set that includes hand softener, a shea scrub, and a nourishing hand cream. Gain knowledge about common skin concerns, play some lighthearted trivia, and maybe even walk away with a prize!

**Th Apr 9 2-3pm #38620**  
**RES \$22/NR \$27 PCC**

## **Soup, Salad and Scrabble Social**

Celebrate National Scrabble Day with a cozy soup-and-salad lunch and friendly Scrabble matches. Enjoy good conversation, a few laughs, and a chance to win raffle prizes while testing your word skills. Sponsored by River Glen of St. Charles.

**M Apr 13 10am-12pm #38621**  
**RES \$10/NR \$12 PCC**

## **NEW! AAC Understanding Anxiety and Depression in Older Adults**

Do the cold and dark winter months or thoughts of the holidays spike your anxiety or put you in a bad mood? You're not alone. Depression and anxiety are common conditions that affect the older adult population as a whole. Join Dr. Ryan Bartkus for a review of clinical depression and anxiety, and how to recognize and address these conditions.

**Tu Apr 21 10-11am #38623**  
**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 Apr 21-22 9am-1pm #38732**  
**AARP members \$20/Nonmembers \$25 PCC**

## **The Journey to Successful Senior Living; Am I Prepared?**

How can I stay safe in my own home? What is the difference between a POA, a will and a trust? What are the different types of senior living options? How do I pay for this? Don't miss this opportunity to learn some valuable tips that will empower you to make educated decisions when assisting loved ones. This panel discussion is presented by local experts Oasis Senior Advisors, Bright Star Kane County, Law Elder Law/Law Hesselbaum, LTC Solutions and Honoring Aging.

**W Apr 29 6-8pm #38734**  
**FREE but please register PCC**

## **Let's Do Lunch - Colonial Cafe**

Join us as we head to different lunch locations. Details will be printed on your confirmation receipt. **Meet at the restaurant. Cost of lunch is on your own.**

**W May 6 11:15am-12:45pm #38742**  
**Please register**

## **AAC A Rotary Night of BINGO**

Join this friendly BINGO competition, hosted by the St. Charles-Geneva Rotary and the St. Charles Park District. Plenty of prizes to win. Advance registration required.

**W May 6 6-7:30pm #38741**  
**AAC Member FREE/Nonmember \$2 PCC**

## **NEW! Slice, Slice Hooray - It's Pizza Day!**

Celebrate National Pizza Day with a piping-hot party full of fun, friends, and everyone's favorite food—pizza! Enjoy a variety of delicious slices, swap your favorite toppings stories, and savor a laid-back afternoon filled with pizza trivia and fun facts. Sponsored by Autumn Leaves.

**F May 15 12-1pm #38746**  
**RES \$7/NR \$9 PCC**



## **NEW! Branching Out - Naming Our Local Trees**

Learn how to identify trees by their leaves, bark, and blossoms, and gain fascinating insights into how they grow and support the environment. This leisurely walk is perfect for nature lovers and curious minds alike—come enjoy the sights, scents, and stories of spring among the trees. Dress for the weather. **Meet at Delnor Woods Park entrance off Rt. 25.**

**M May 18 10-11:30am #38947**  
**RES \$7/NR \$9 DWP**

## 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)

Proud  
partners  
with:

Rotary  
Club of St. Charles-Geneva





# Trips



## NEW! Botanical Bliss

Step inside and embark on a new adventure in history, ecology, and beauty. Wander through pathways lined with brilliant blooms and emerging greenery, and take in the serene beauty of nature as everything comes back to life after winter's rest. Travel to the Lincoln Park Conservatory for a walk through four greenhouses including palm, orchid, fern and seasonal. After lunch, explore greenhouses including fern, desert, palm, aroid, and seasonal the Garfield Park Conservatory. Celebrate the season of renewal with a relaxing visit to the botanical gardens. Admission and transportation included. Chicago. *\*Active Walking*

**W Mar 25 8am-5pm #38932**  
\$66 PCC  
**Registration Deadline: March 10**

## NEW! Shen Yun at Paramount

Take an extraordinary journey through China's 5,000 years of divinely inspired culture. Exquisite beauty from the heavens, profound wisdom from dynasties past, timeless legends, and ethnic traditions all spring to life through classical Chinese dance, enchanting live orchestral music, authentic costumes, and patented interactive backdrops. Admission and transportation included. Aurora. *\*Some Walking*

**Th Apr 2 1-5:30pm #38628**  
\$150 PCC  
**Registration Deadline: March 11**

## NEW! Chicago Pope Tour

Embark on a journey through the key stops from Pope Leo's early life - each offering insight into how the man was shaped by the city where he grew up. Stops include his childhood home and church, the seminary where he trained for the priesthood, the site of the hospital where he was born, and the site of his parents' wedding in 1949. Lunch after the tour on your own. Tour and transportation included. Chicago. *\*Active Walking*

**Tu Apr 7 8am-4:30pm #38619**  
\$104 PCC  
**Registration Deadline: March 30**

## NEW! Springtime Serenity: Cherry Blossoms

Stroll through a 20-acre botanical garden with cherry blossoms in full bloom, plus themed areas showcasing over 4,000 plant varieties, from Tropical Gardens to a formal English sunken garden. Lunch at a local restaurant. Admission and transportation included. Janesville, WI. *\*Active Walking*

**F Apr 10 8am-3pm #38933**  
\$43 PCC  
**Registration Deadline: April 3**

## NEW! Mystery in the Mansion, Death of a Gangster

You are invited to the Dunn family speakeasy for the mafia wedding of the century. Watch your back because you never know who you can trust. This mystery will have you in stitches, especially if you are a snitch! Lunch served during the mystery. Lunch, show, and transportation included. Joliet.

*\*Some Walking*

**W Apr 22 10am-3:30pm #38474**  
\$105 PCC  
**Registration Deadline: April 7**

## NEW! Hairspray at The Fireside

Set in 1962 Baltimore, big-hearted teen Tracy Turnblad dreams of dancing. After landing a spot on a hit TV dance show, she rises from outsider to star and uses her fame to challenge prejudice, outshine rival Amber, and win Link Larkin's heart. Lunch before the show. Lunch, show and transportation included. Ft. Atkinson, WI. *\*Active Walking*

**Th Apr 30 8:30am-6:30pm #38736**  
\$158 PCC  
**Registration Deadline: April 8**

## 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. Admission and transportation included.

*Keep your eyes open and your guesses ready - there's a reason it's now so pay attention; it won't last long!* *\*Active Walking*

**F May 1 8:30am-3:30pm #38934**  
\$44 PCC  
**Registration Deadline: April 10**

## NEW! The Wedding Singer at The Metropolis

Swing into wedding season and rewind to 1985 with this musical adaptation of Adam Sandler's hit movie, where the collars were popped, the hair was big, and the wedding singer was the raddest rocker at the reception. Lunch before the show at a local restaurant. Show and transportation included. Arlington Heights. *\*Some Walking*

**Th May 7 10:30am-5:30pm #38743**  
\$97 PCC  
**Registration Deadline: April 22**



## Starved Rock Waterfall and Canyon Hiking Tour

Experience Starved Rock State Park with a guided walk to three spectacular waterfalls and canyons: the French, St. Louis and Ottawa Canyons. Enjoy a hot lunch and relaxing trolley ride before the walk. Waterfall cannot be guaranteed on the tour. Lunch, tour, and transportation included. Oglesby. *\*Active Walking*

**M May 11 7am-3pm #38946**  
\$93 PCC  
**Registration Deadline: May 1**

## NEW! Heartbreak Hotel at Marriot Lincolnshire

Grab your blue suede shoes - The King has taken the stage! Experience a bio-musical that takes a closer look at the rock star and incomparable icon whose impact shaped the history of music and culture. Featuring over Elvis 40 hits and iconic songs, you will be all shook up before the show is over! Lunch before the show. Lunch, show, and transportation included. Lincolnshire.

*\*Active Walking*

**W May 13 10am-5pm #38745**  
\$139 PCC  
**Registration Deadline: April 9**

## NEW! Father of the Bride at Drury Lane

This classic comedy has touched our lives for decades. Based on the novel that inspired the Steve Martin films, this hilarious yet bittersweet play reminds us that sometimes the greatest love a father can give to his daughter is to let her go. Lunch before the show. Lunch, show, and transportation included. Oak Brook. *\*Some Walking*

**W May 20 10:30am-5:30pm #38931**  
\$152 PCC  
**Registration Deadline: April 29**

## NEW! South Pacific at Paramount

Experience an uplifting musical tale that follows World War II Armed Services personnel, Ensign Nellie Forbush and Lt. Joseph Cable through spy missions, war-time drama and romance. Lunch in the Meyer Ballroom before the show. Lunch, show, and transportation included. Aurora. *\*Active Walking*

**W Jun 3 11am-5pm #38948**  
\$94 PCC  
**Registration Deadline: May 12**

## NEW! The Last Five Years at Oil Lamp Theater

Go on the romantic rollercoaster of Jamie and Cathy as they fall in, and out of love over the last five years. Told from each individual's perspective - one chronologically and one backwards. Lunch after the show. Show and transportation included. Glenview. *\*Some Walking*

**W Jun 10 9:30am-4:30pm #38935**  
\$87 PCC  
**Registration Deadline: May 5**

## Cubs vs Brewers in Milwaukee

Cheer on our boys in blue as we head to Wrigley North on a Motorcoach to watch the Cubs battle the Brewers in Milwaukee. Enjoy great seats along the third base line. Grab lunch and let's fly the W on the way home! Tickets and Motorcoach transportation included. Milwaukee. *\*Active Walking*

**Su Jun 28 9am-7pm #38975**  
\$128 PCC  
**Registration Deadline: May 22**

**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

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## FROM SCRATCH

**Cooking, Baking &  
Soap-Making  
at Primrose Farm**

**NEW!**  
**Ages 50+**

### From Flame to Feast

Let's get cooking with the summer kitchen's wood burning stove! Learn how to light, maintain, and cook on a historic cast iron cookstove. Make two savory treats that help show off all that the range has to offer and taste a little bit of history in the process.

**F • Mar 20 • 10am-12pm • #38464**  
**RES \$43/NR \$52 • FARM**

### Soapmaking 101

Saponification is the chemical reaction of fats and oils reacting with lye to form soap. Soap making is an easy process, and it's likely you are familiar with many of the ingredients. Discover a variety of fun and messy ways to make simple soaps.

**M • Apr 20 • 1-3pm • #38465**  
**RES \$21/NR \$26 • FARM**

### Butter and Biscuits

Nothing goes better with homemade biscuits than butter! Come to the farm, meet the cows, and make tasty biscuits and butter from scratch. Don't forget to mix that handmade butter with some tasty flavors like honey or chives.

**Tu • May 5 • 10-11:30am • #38466**  
**RES \$20/NR \$24 • FARM**

## BLARNEY BINGO

**NEW!**  
**Ages 50+**

Get ready for some shenanigans and a whole lot of laughs! Prizes, giggles, and plenty of green await—don't miss the fun! Sponsored by Absolute Home Wellness.

**Tuesday • March 17 • 10-11am**  
**AAC Member FREE**  
**Nonmember \$2 • #38602**  
**Pottawatomie Community Center**

## Swing Into Summer BARN DANCE May 16 • 6-10pm

Twist, twirl & spin your way into summer with an evening of dancing & live music!



**Advance Tickets (by May 15): \$18/person**  
**Tickets at the door: \$20/person**

**ALL Ages** **Purchase tickets:**  
**stcparks.org/events**

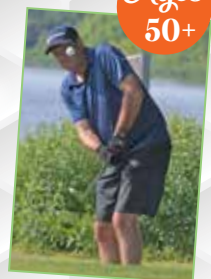


## 50+ Golf Tournament SaSu • June 6-7 • 7am \$90/golfer • Pottawatomie Golf Course

**Ages 50+**

Play 18 holes each day in flights broken down by ages. There will be a Skins Game in each Flight, with prizes for competitors with the low score for each 9-holes and total score. Open to all participants regardless of residency. Register at the Pro Shop beginning March 1. Registration deadline: May 31 at 5pm or a full 36-player field.

**For more details, visit: pottawatomiegc.com**



**SAVE THE DATE**

**St. Charles  
Community**

**GARAGE SALE**

**MAY 1-2  
8AM-4PM**