

In the Know... On the Go!

FALL 2026

Live Life Actively



Photo:

AAC Members pose in front of the historic Chicago fireboat, ready for an afternoon of beautiful skyline views and fascinating history on the Chicago River and Lake Michigan!

AAC Hours

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

Holiday Hours:

Labor Day (Sep 7): Closed
Thanksgiving (Nov 26): Closed
Day After Thanksgiving (Nov 27): 8am-4pm
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

Fall registration opens at 8am
Aug 19 for Residents & Aug 26 for Nonresidents
Space is limited... register early!



**Adult
Activity
Center**

A facility of the St. Charles Park District



Positively Pickled

Get ready for a dill-lightful good time in St. Charles—the "Pickle Capitol of the World". Enjoy a variety of pickle-inspired tastings—think crunchy dill pickles, zesty pickle dips, and even a few surprising sweet-and-savory treats. Test your knowledge with pickle trivia, learn fun and fascinating facts about the history and health benefits of pickling, and share a few laughs along the way. Whether you're a devoted pickle lover or just curious to explore something new, this event is sure to leave you in a bit of a pickle—in the best way possible! *Sponsored by Autumn Leaves St. Charles.*



Friday • November 13 • 1-2pm
RES \$7/NR \$9 • #39943 • Pottawatomie Community Center



NEW DAY!

Thursday • Dec 3
11:30am-2:30pm
Arcada Theatre

Event only • #39817
AAC Member \$45/Nonmember \$68
Transportation to/from PCC • #39818
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 lunch. Cash bar available.

Home for the Holidays LUNCHEON

Leslie Gray Robbins sings festive holiday songs including Santa Claus is Coming to Town, Winter Wonderland, Jingle Bells, and O Holy Night. Lyric booklets are provided making it a fun and interactive sing-along experience for everyone. Enjoy lunch sponsored by Vein Specialists of Geneva before the show.

NEW!

**Ages
50+**

Thursday • December 10 • 11:30am-1pm
AAC Member \$20/Nonmember \$25 • #39854
Pottawatomie Community Center

Upcoming Activities & Opportunities

AAC Potluck Lunches

Bring a dish to share with others.

Brats & Dogs - Sponsored by Oasis Senior Advisors

Th Sep 10 12-1pm #39813

Tasty Turkey - Sponsored by Pearl Health

Th Nov 12 12-1pm #39814

AAC Member FREE/Nonmember \$2 PCC

NEW! **AAC** Your Health, Your Voice: Advocacy & Empowerment for Older Adults

Join a nurse advocate to learn practical tips for navigating today's healthcare system, including managing medications, preparing for doctor visits, understanding insurance, and advocating for yourself or a loved one. Discover the benefits of a medical power of attorney and explore resources to support your independence and informed healthcare decisions. *Sponsored by Nurse Patient Allies.*

Tu Sep 15 10-11am #40079

AAC Member FREE/Nonmember \$2 PCC

NEW! **AAC** One Pan, Big Flavor: Easy Fall Meals for Healthy Living

Join Chef Hannah from Brighton Gardens for a fun cooking demo featuring a quick, nutritious one-sheet-pan dinner. Sample delicious dishes, take home easy recipes, and discover how seasonal fall ingredients can create a complete meal, including a fresh salad and dessert. *Sponsored by Brighton Gardens of St. Charles.*

Th Sep 17 1-2pm #39802

AAC Member FREE/Nonmember \$2 PCC

NEW! **AAC** Retirement - Making Your Money Last

Learn investment strategies to help your retirement savings last. Explore ways to plan for inflation, healthcare costs, market volatility, and unexpected expenses while building a more confident financial future. *Sponsored by Edward Jones.*

M Sep 28 10-11am #40017

AAC Member FREE/Nonmember \$2 PCC



Early Bird

BREAKFAST

Tuesday • Sep 15 • 7:15-8:15am

AAC Member FREE / Nonmember \$1 • #39805

Pottawatomie Community Center

Enjoy a delicious morning meal hosted by the St. Charles-Geneva Rotary Club. Omelets made to your liking with donuts, coffee and juice. *Flu, Tetanus, Shingles, Pneumonia and COVID vaccines available.*

The AAC proudly partners with the following business:

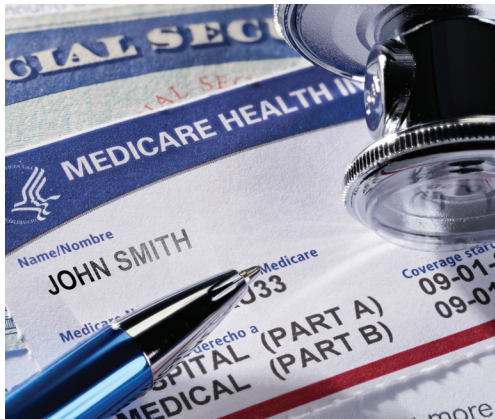


NEW! **AAC** What is Normal Aging and What is Not?

Discuss with geriatrician Dr. Bartkus the question as old as mankind: what is normal aging and what is not? Let's get into the nitty gritty about those age spots, creaky knees and cataracts.

Tu Sep 29 10-11am #39812

AAC Member FREE/Nonmember \$2 PCC



NEW! **AAC** Medicare Made Easy at 65

Approaching Medicare eligibility? This informative seminar covers enrollment, key guidelines, working past age 65, coverage gaps, and more to help you make informed decisions. Light refreshments provided. *Sponsored by Lindsay Cross Financial.*

M Oct 5 5:30-7pm #39856

AAC Member FREE/Nonmember \$2 PCC

NEW! **AAC** Civil Connections with Mayor Hull

Participate in an engaging and informal conversation with Mayor Clint Hull. Experience a unique opportunity to ask questions, share perspectives, and discuss topics that matter most to the community. Join us for a relaxed and meaningful dialogue that strengthens connections between residents and local leadership. Light refreshments served.

Tu Oct 20 10-11am #39941

AAC Member FREE/Nonmember \$2 PCC

Let's Do Lunch - First Watch

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

W Oct 28 11:15am-12:30pm #39819

Please register

NEW! **AAC** Sinus Solutions for Better Breathing

Learn about common nasal and sinus conditions affecting older adults, including chronic congestion, postnasal drip, sinus infections, and breathing difficulties. Discover why these issues become more common with age and explore minimally invasive treatment options to help you breathe easier and improve your quality of life. *Sponsored by Relief Allergy and Sinus Institute.*

M Nov 2 1-2pm #40388

AAC Member FREE/Nonmember \$2 PCC

NEW! Gather and Greens - November Wreath Decorating

Create a beautiful fresh wreath using seasonal greenery, berries, and accents in this hands-on workshop. Perfect for beginners and experienced crafters, you'll learn simple design tips and take home a custom wreath. No experience necessary, all supplies included.

F Nov 6 10-11am #39850
RES \$20/NR \$24 PCC

NEW! Paint the Season - Pumpkin Spice Mason Jars

We are so excited for fall and all that comes with it! Paint pumpkin spice mason jars to make great home decorations or even as a lovely gift - just the right size to put in ingredients of a special family recipe, fresh picked flowers, candles, you name it! All supplies included. No experience needed as you are guided along the way.

M Nov 9 10-11:30am #39886
RES \$36/NR \$44 PCC

NEW! **AAC** No Experience Required: A Guide to the World of AI

Curious about Artificial Intelligence? Join us for a casual, informative showcase to see AI in action and discover how it can simplify everyday tasks like planning trips, finding information, writing, and sparking creativity. We'll also explore how AI is used in media and share simple tips for spotting AI-generated images with confidence.

M Nov 9 1-2:30pm #40381
AAC Member FREE/Nonmember \$2 PCC

NEW! Folkly Stocking - Canvas Painting

Get into the holiday spirit with this cozy and creative canvas painting program perfect for all skill levels. Participants will be guided step-by-step in creating a charming, folk-inspired stocking design—no prior painting experience needed. All materials are provided, so just bring your creativity and enjoy a relaxing, festive atmosphere.

F Dec 11 10-11:30am #39853
RES \$50/NR \$60 PCC



Holiday Houses in Gingerbread Style

Calling all gingerbread engineers! Decorate a festive gingerbread house while enjoying holiday music. Nondible house structures are pre-built, so you can focus on the fun with frosting, graham crackers, colorful candies, and festive treats—all supplies included. Create a cozy cottage or candy-covered castle and let your holiday creativity shine!

M Dec 14 10-11am #39807
AAC Member \$20/Nonmember \$25 PCC

Trips



NEW! Behind the Scenes: A Park Projects Tour

This behind-the-scenes bus tour offers a firsthand look at new capital projects, recently completed renovations, and exciting park improvements planned for the upcoming year with the Park District Superintendent of Parks. **Some walking.*

F Sep 11 10-11:30am #39845
\$5 PCC

NEW! Legends of the Strip Lunch Show

Enjoy a delicious Italian hot lunch buffet and world-class tribute show celebrating the legendary artists who turned Las Vegas into the entertainment capital of the world. Lunch, show and transportation included. Lake Geneva. **Some walking.*

M Sep 21 10am-4:30pm #39765
\$99 PCC



NEW! Chair Volleyball Clash

Our chair volleyball team is hitting the road to take on another spirited group of players on their home court in Aurora. After the match, stick around to relax, laugh, and refuel with a delicious lunch shared among friends—because the best part of the game is the community we build along the way! Transportation and lunch included. **Active walking.*

Tu Sep 22 9:30am-12:30pm #40376
Tu Nov 3 9:30am-12:30pm #40377
\$10 PCC

NEW! Denny Diamond Bubblegum Tunes at White Fence Farm

Sing along to classics like "Sugar Sugar", "I Think I Love You", and "Yummy Yummy Yummy" in a show that is pure, unadulterated joy! Lunch includes famous chicken with a variety of classic sides before the show. Lunch, show, and transportation included. Romeoville. **Some walking.*

W Sep 23 10:30am-4:30pm #38989
\$98 PCC

NEW! Buddy Holly at Drury Lane

The Buddy Holly Story chronicles the life and music of rock and roll pioneer Buddy Holly from his early start in Texas to his meteoric rise to fame and untimely death at the age of 22. Enjoy lunch before the show. Lunch, show, and transportation included. Oak Brook. **Active walking.*

Th Oct 1 10am-5:30pm #38991
\$151 PCC

NEW! Americas Bandstand at Rosewood Theater

Nothing set the stage for popular culture of a generation more than the music of the 1950's. Take yourself back in time to the sock hop, spotlighting Rockabilly, Doo-Wop and Motown artists, songs, and the history of early Rock & Roll. Enjoy a Wisconsin Supper Club lunch buffet including chicken, cod, and lots of delicious sides and dessert. Show, lunch, and transportation included. Delavan, WI. **Some walking.*

W Oct 7 9:30am-6:30pm #38993
\$124 PCC

NEW! Quilters Day Out

Join us for a fun-filled day exploring unique quilt shops, where you'll discover beautiful fabrics, inspiring patterns, quilting notions, and creative ideas for your next project. Enjoy lunch on your own along the way. Transportation included. Morris and Yorkville. **Active walking.*

W Oct 7 9am-4pm #40407
\$25 PCC

NEW! Autumn on the River

Start your afternoon with lunch in the historic dining room at the Lodge, followed by a narrated trolley tour with history and legends of the area. Board the new river boat where you will see beautiful fall foliage of the Starved Rock Park area by water. Tour, lunch, and transportation included. Olgesby. **Some walking.*

M Oct 12 10am-5pm #39821
\$129 PCC

NEW! River Glen Mystery Manor Tour

Step inside River Glen of St. Charles for an engaging and interactive progressive tour that's anything but ordinary. As you make your way through the beautifully designed spaces, gather clues at each stop, piecing together a lighthearted mystery that adds a fun twist to your visit. There are prizes waiting for those who crack the case! Leave with a delicious lunch to take home. Tour and transportation included. St. Charles. **Active walking.*

W Oct 14 10am-12pm #40394
\$10 PCC

NEW! Oktoberfest at Starved Rock

Munich or bust - join this celebration of Germany! Sample German wine and beer, enjoy a buffet of German foods and listen to authentic German music. Lunch, drinks and transportation included. Olgesby. **Some walking.*

M Oct 19 10am-5pm #39822
\$140 PCC

NEW! Jimmy Buffet Margaritaville at Music Works

This lighthearted romantic comedy follows Tully, a laid-back island singer, and Rachel, a career-focused tourist, as their worlds collide at a beachfront resort. Lunch before the show on your own. Show and transportation included. Wilmette. **Active walking.*

W Oct 21 10am-5pm #39823
\$115 PCC

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

NEW! Jukebox Legends at Starved Rock

Rick Lindy performs a musical tribute to legendary artists like Elvis Presley, Johnny Cash, Roy Orbison, Jerry Lee Lewis, Carl Perkins, and more. Enjoy a buffet lunch before the show. Lunch, show, and transportation included. Olgesby. **Some walking.*

Tu Oct 27 10am-5pm #39797
\$139 PCC

NEW! Amazon Fulfillment Distribution Center

This fascinating behind-the-scenes tour offers a unique glimpse into the fast-paced world of logistics and the process that gets millions of packages delivered to doorsteps every day. Lunch on your own after the tour. Tour and transportation included. Monee. **Active walking.*

W Nov 4 8:45am-4pm #39855
\$34 PCC

NEW! Let Freedom Ring at White Pines

Celebrate America with a renowned vocalist and talented saxophonist performing patriotic favorites in honor of our veterans. Hot buffet lunch before the show. Lunch, show, and transportation included. Mt. Morris. **Some walking.*

W Nov 11 10am-5pm #39824
\$130 PCC

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 and transportation is included!

*Some destinations are famous. Others quietly surprise you. Pack your sense of adventure and let the mystery unfold one stop at a time. Where are we headed? Come along to find out! Lunch on your own along the way. *Active walking.*

Tu Nov 24 8:30am-4:30pm #39885
\$66 PCC

NEW! Annie at Drury Lane

The sun will come out - tomorrow! Broadway's favorite little orphan is back to warm your hearts and delight you with cheer, optimism, and the power of love. Lunch before the show. Lunch, show, and transportation included. Oak Brook. **Active walking.*

W Dec 2 10:30am-5:30pm #38992
\$151 PCC

NEW! A Christmas Carol at Paramount

Rediscover the magic of the holiday season with this timeless tale that warms hearts and reminds us all of the true spirit of Christmas. Lunch at the Meyer Ballroom before the show. Lunch, show, and transportation included. Aurora. **Active walking.*

W Dec 9 11am-5pm #39825
\$127 PCC

NEW! Christmas of Joy at White Fence Farm

Listen to a heartwarming performance filled with classic Christmas favorites by Lori Mestas. Indulge in a delicious feast featuring the famous chicken from White Fence Farm with all the fixings. Show, lunch, and transportation included. Romeoville. **Some walking.*

Th Dec 17 10:30am-4:30pm #39863
\$109 PCC

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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Connect With NATURE

NEW!

Autumn Exploration Hike at Hickory Knolls

Immerse yourself in the sights, sounds, and textures of autumn on the Hickory Knolls trails. Hike through a prairie and forest and learn about what is living, growing, and decomposing around you! Afterwards, enjoy a meet and greet with a few of the Hickory Knolls animal ambassadors. Dress appropriately for hiking! **Meet at Hickory Knolls Discovery Center patio.**

**F Sep 4 11am-12pm #39871
RES \$7/NR \$9 HKDC**

Growing Home: Prairie Seed Processing

Our natural area restorations rely heavily on seeding, and each year staff and volunteers devote significant time to collecting a wide variety of seeds. But seeds aren't ready to use right away. In this program, you'll learn how seeds are processed, why and when specific species are collected, and why sourcing seeds from our own sites is so important. You'll even get hands-on experience processing seeds and discover how these efforts help strengthen the quality of St. Charles Park District's natural areas. **Meet at Hickory Knolls Discovery Center.**

**M Oct 5 10-11:30am #39849
RES \$7/NR \$9 HKDC**

Fall Fun at Primrose Farm

NEW!

Sunflower Needle Felting

Create a beautiful needle-felted sunflower inspired by the colors of the season. Learn basic felting techniques, color blending, and finishing details in this beginner-friendly workshop. No experience necessary—all supplies provided. **Meet at Primrose Farm.**

**F Sep 11 12:30-3pm #40349
RES \$46/NR \$56 FARM**

Easy as Apple Pie

Make a classic fall favorite from scratch! Learn to prepare homemade apple pie with a lard crust, fresh apple filling, and whipped cream topping while discovering fun apple facts. Finish with a scenic wagon ride through the farm fields and enjoy your delicious creation. All supplies included. **Meet at Primrose Farm.**

**F Sep 25 10am-12pm #40397
RES \$22/NR \$27 FARM**

Pumpkin & Gourd Needle Felting

Celebrate the charm of fall by creating your own wool pumpkins and gourds! Learn the essential techniques to sculpt soft, colorful wool into festive autumn decor. Experiment with shapes, textures, and seasonal palettes. No experience necessary. All supplies provided - just bring your creativity! **Meet at Primrose Farm.**

**F Oct 2 9:30-11:30am #40350
RES \$41/NR \$50 FARM**



LOVE GAMES? LET'S PLAY!

Dime Jingle

M • Sep 14 • 10-11am • #39847

M • Dec 21 • 10-11am • #39848

AAC Member FREE/Nonmember \$2

Sponsored by Absolute Home Wellness.

Rotary Night of Bingo

W • Oct 14 • 6-7:30pm • #39846

AAC Member FREE/Nonmember \$2

Sponsored by the St. Charles-Geneva Rotary Club.

Boo Bingo

M • Oct 26 • 10-11am • #39942

AAC Member FREE/Nonmember \$2

Prizes for winners sponsored by Autumn Leaves St. Charles.

**Advance registration required.
Pottawatomie Community Center**