

In the Know... On the Go!

FALL 2024

Live Life Actively



Photo:

AAC Members visited Casey's Safe Haven, an equine rescue in Elburn.

AAC Hours

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

Holiday Hours:

Labor Day (Sep 2): Closed
Thanksgiving (Nov 28): Closed
Day After Thanksgiving (Nov 29): 8am-4pm
Christmas Eve (Dec 24): Closed
Christmas Day (Dec 25): Closed
New Year's Eve (Dec 31): 8am-4pm

Fall registration opens at 8am
Aug 12 for Residents & Aug 19 for Nonresidents



**Adult
Activity
Center**

A facility of the St. Charles Park District

Early Bird BREAKFAST



Here's your reason to get up early!

Enjoy a delicious morning meal hosted by the St. Charles Breakfast Rotary Club. Omelets made to your liking with donuts, coffee and juice.



Tu • Sep 10 • 7:15-8:15am • #34545
AAC Member FREE / Nonmember \$1
Pottawatomie Community Center

Flu, Tetanus, Shingles, Pneumonia and COVID vaccines available.

Administered by Osco Pharmacy. Billed to Medicare Part B for eligible participants. Walk-ins welcome. Bring your insurance card.

HISTORY OF Chicago Foods Luncheon

Thursday • November 7 • 11:30am-1pm

Join historian Tim Wilsey as he brings us inside the foods that make Chicago famous! No city loves to eat and talk about eating more than The Windy City. We will celebrate these iconic foods, from deep dish pizza to a Chicago style hot dog, your favorite places that serve beef sandwiches and gyros, how Portillo's got started, and much more! Don't miss this special lunch that will leave you full - literally! Sponsored by The Landings of Batavia.

AAC Member \$15 / Nonmember \$20 • #33951
Pottawatomie Community Center



Jingle Bell BASH

Friday • December 6
Ages 50+ **11:30am-3pm**
Arcada Theatre

Event only • #33192
AAC Member \$45/Nonmember \$68
Transportation to/from PCC • #33190
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 dinner. Cash bar will be available.

Drop-In Programs

Upcoming Activities & Opportunities

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 Fall books, contact Lynne at 630-513-4324.



Soup, Salad & Scrabble
Ages 50+
Wed • Oct 16 • 11:30am-2pm
RES \$10/NR \$12 • #33447
Join other Scrabble lovers in an afternoon of word frenzy, and enjoy lunch before you play. Sponsored by Oasis Senior Advisors.
Pottawatomie Community Center

AAC Chair Volleyball
This game follows the rules of regular volleyball with one huge exception...players can't get out of their chairs! A beach ball replaces the regulation volleyball, the net is lower and the game is played from a sitting position.

Tu Sep 3 10-11am #35134
Tu Oct 1 10-11am #35135
Tu Dec 3 10-11am #35137
AAC Member FREE/Nonmember \$2 PCC

NEW! AAC Karaoke
Be a part of an impromptu concert where everyone gets to be the star, belting out their favorite tunes! Enjoy snacks while listening. Blood pressure checks available. Sponsored by Tower Hill Healthcare.

F Sep 13 10-11am #34660
AAC Member FREE/Nonmember \$2 PCC

NEW! Follow the Leader Painting Party - Autumn Sky
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 Sep 16 10-11:30am #34571
RES \$10/NR \$12 PCC

NEW! AAC Our Gift of Dogs
Do you love your pooch? Join dog-lover Reg Green as he shares why he thinks our lovable fur-babies are gifts, some little known facts about dogs as well as some well-known people who have a love of dogs. *No dogs will be present at this program.*

Th Sep 19 1-2pm #35133
AAC Member FREE/Nonmember \$2 PCC

NEW! AAC Master the Science of Sleep
Join geriatrician Dr. Ryan Bartkus for an educational discussion that should get you leaping out of bed! We will touch on common sleep topics like insomnia, sleep apnea, sleep medicines and good lifestyle practices. Don't sleep through that alarm.

Tu Sep 24 10-11am #34437
AAC Member FREE/Nonmember \$2 PCC

I'm Turning 65, Now What?
This free educational program, presented by The Medicare Ladies, covers changes to 2024/2025 Social Security and Medicare Parts A, B, C and D. Advance registration required.

Tu Sep 24 6-7:30pm #34585
FREE but please register PCC

Let's Do Lunch
Cost of lunch is on your own. Advance registration required.

Wednesdays • 11:45am-1pm
Gen Ho Sep 25 #33185
Egg House Oct 30 #33187
Tap House Grill Nov 27 #33186
Red Robin Dec 18 #33186

NEW! Extended Travel Program - Arizona, Canadian Rockies, Italy!
Premier World Travel Discovery will highlight three tours in 2025 with a NEW extended travel program! Featured trips include Great Trains and Grand Canyons (Sedona), Canadian Rockies and Glacier National Park and Italy's Amalfi Coast with Rome.

W Sep 25 6-7pm #35252
FREE but please register PCC

NEW! AAC Am I at Risk for Varicose Veins?
Learn what varicose veins are, the symptoms as well as treatments from Pablo Matias, Physician Liaison at United Vein and Vascular Centers.

Th Sep 26 10-11am #35078
AAC Member FREE/Nonmember \$2 PCC

AAC Potluck Lunch - Fried Chicken
Bring a dish to share and enjoy lunch with friends. Sponsored by Silverado of St. Charles.

Th Oct 3 12-1pm #33128
AAC Member FREE/Nonmember \$2 PCC

NEW! Lunch & Learn: Aging in Place or is it Time to Move?

We all want to stay in our homes for as long as possible, perhaps even to age in place. Is your home safe to do that, or is it time to move? Sponsored by Mindi Schwartz, Realtor - KW Inspire.

Th Oct 17 11:30am-1pm #35349
RES \$5/NR \$6 PCC

NEW! AAC Taking the Scare Out of Hospice and Palliative Care
Learn the difference between hospice and palliative care, what determines eligibility, and the myths about them from an experienced Family Nurse Practitioner who specializes in both. Sponsored by Journey Care.

Th Oct 31 1-2pm #35150
AAC Member FREE/Nonmember \$2 PCC

NEW! AAC Protecting Your Assets From the Cost of Long-Term Care
Get a better understanding of long-term care needs and costs, and up-to-date planning options to protect your hard earned dollars. Sponsored by Strohschein Law.

W Nov 6 1-2pm #34568
AAC Member FREE/Nonmember \$2 PCC

NEW! Pinot's Palette - Peaceful Pinecones
Paint a winter arrangement with sprigs of greenery and shimmering pinecones. Pinot's Palette will guide you every step of the way. No experience needed, all supplies included.

M Nov 11 10-11:30am #34429
RES \$40/NR \$48 PCC

NEW! Lunch & Learn: Coping with Holiday Depression and Stress

This presentation focuses on helping families cope with their grief during the holiday season. Program and lunch sponsored by Home Instead.

Tu Nov 19 11:30am-1pm #35047
RES \$5/NR \$6 PCC

Proud partners with:

Rotary
St. Charles Breakfast
Rotary Club



Trips



NEW! Sunflower Fest & Flavors of the Farm Tour

Enjoy a cold cup of apple cider and famous apple cider doughnut while you learn the history and overview of the farming operation at Kuiper's Farm. Enjoy samples of apple varieties currently harvesting from the orchard. Then, stroll through the vast area of gorgeous sunflowers. Take a sunflower bloom with you to enjoy at home! Lunch on your own. Tour, flower bloom and transportation included. Maple Park. **Active Walking*

W Sep 4 9:30am-2pm #34534 \$64 PCC
Registration Deadline: September 1

NEW! Lunch & Learn at Bardwell Residences

Take a tour, have lunch and learn more about this historic building which was once Copley Hospital. It has been redeveloped and now offers independent, assisted, as well as memory care living. Tour, lunch and transportation included. Aurora. **Active Walking*

Th Sep 5 10am-2:30pm #35107 \$10 PCC
Registration Deadline: September 1

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.

Invisible highways of the past, present, and future, woven into the fabric of the land. Same trip is offered on both dates. **Active Walking*

F Sep 6 9am-3:30pm #35113 \$29 PCC
M Sep 9 9am-3:30pm #35114 PCC
Registration Deadline: August 30

NEW! Shedd Aquarium

From sunny reefs to flooded forests to the vast Great Lakes, discover the wonder of the aquatic animal world. Tease your senses at an incredible 4-D experience all about the octopus! Lunch on your own at the aquarium. Admission, 4-D experience and transportation included. Chicago. **Active Walking*

Tu Sep 17 8:30am-4:30pm #35079 \$102 PCC
Registration Deadline: September 3

NEW! Bean Bag Baseball & Lunch at Heritage Woods

Batter up! Learn and play bean-bag baseball with a group of seasoned players at Heritage Woods. Teams compete and attempt to toss their bags to get a hit, double, triple or home run depending on the hole the bag lands in. Enjoy lunch after the game. Game, lunch and transportation included. Batavia. **Active Walking*

F Sep 20 9:30am-1pm #34661 \$10 PCC
Registration Deadline: September 15

NEW! Wrigley Field Tour

Take a tour of the Friendly Confines, and experience the beauty, charm and historic features fans have come to know and love for over 100 years. Check out the famous outfield ivy, the bleachers, visiting clubhouse and press box. Lunch on your own. Tour and transportation included. Chicago. **Active Walking*

M Sep 23 9:30am-5pm #35080 \$49 PCC
Registration Deadline: August 31

NEW! Lunch & Learn at The Oaks Bartlett

Join us for lunch and a tour of The Oaks at Bartlett Senior Living Community. Discover the stress-free option of aging in place! Lunch, tour and transportation included. Bartlett. **Active Walking*

M Sep 30 10:30am-1:30pm #35048 \$10 PCC
Registration Deadline: September 24

NEW! Underground Chicago Walking Donut Tour

Sample numerous types and flavors of donuts and listen to anecdotes and the history of each location. This outdoor walking tour lasts about 2 hours and covers around 2 miles. Lunch on your own at a local restaurant. Tour, gratuity, donuts and transportation included. Chicago. **Active Walking*

Tu Oct 1 8am-4pm #34515 \$114 PCC
Registration Deadline: September 25

NEW! Act of God at The Paramount

In this hilariously divine comedy, the Almighty takes a crack at rewriting The Ten Commandments, and He gives it to us straight! Lunch before the show at Meyer Ballroom. Admission, lunch and transportation included. Aurora. **Some Walking*

W Oct 2 11am-4:30pm #34819 \$79 PCC
Registration Deadline: September 13

NEW! Thornton Quarry

Take a tour of the second-largest commercial quarry in the world, measuring over 1.5 miles long. Lunch at a local restaurant after the tour. Quarry tour and transportation included. Thornton. **Active Walking*

Sa Oct 5 8am-3pm #32513 \$85 PCC
Registration Deadline: September 24

NEW! Chicago Walking Pedway Tour

Walking through hidden corridors of stained glass and even past underground swimming pools, experience Chicago's famous 'Pedway'. In addition to our underground wanderings, we will cover some "secrets" above ground, in plain sight. Lunch on your own at Eggy's Diner after the tour. Tour and transportation included. Chicago. **Active Walking*

Tu Oct 8 8am-5pm #34538 \$84 PCC
Registration Deadline: September 30

NEW! Rivers Casino Des Plaines

Explore the expanded gaming area featuring the newest slot machines and table games. Lunch on your own. Transportation included. Des Plaines. **Active Walking*

M Oct 14 8:30am-2:30pm #35268 \$25 PCC
Registration Deadline: October 9

NEW! Dean Martin Tribute at White Pines

Join us for a tribute to the 'King of Cool' and be transported back to the days of the Rat Pack. Buffet lunch before the show. Show, lunch and transportation included. Mt. Morris. **Some Walking*

W Oct 23 10am-4:30pm #34438 \$109 PCC
Registration Deadline: September 13

NEW! Whispering Pines Reindeer Ranch

Learn about the history of reindeer! Get up close with the opportunity to pet and feed some reindeer. Dress appropriately as this is a working farm. Lunch on your own at a local restaurant. Tour and transportation included. Shabbona. **Active Walking*

Tu Oct 29 8:45am-2:45pm #34539 \$41 PCC
Registration Deadline: October 14

NEW! Miracle on 34th Street at Fireside Theater

This funny, warm and inspirational musical where Kris Kringle has to prove his claim in court and teach his cynical neighbor and daughter to believe in the goodness and love that is Christmas. Lunch, show and transportation included. Ft. Atkinson, WI. **Some Walking*

Th Nov 14 9:30am-5:30pm #33195 \$149 PCC
Registration Deadline: October 14

NEW! Frozen at The Paramount

Royal sisters Elsa and Anna navigate love, loyalty and Elsa's uncontrollable powers. Lunch at the Meyer Ballroom before the show. Show, lunch and transportation included. Aurora. **Active Walking*

W Nov 20 11am-5pm #34557 \$108 PCC
Registration Deadline: October 30

NEW! Pizza & Culinary Academy

Learn all about Italian style pizzas from experts as they demonstrate proper dough handling, stretching techniques, topping and baking while you sip bubbles and enjoy pizza, salads and chef's choice of dessert. Demo, lunch and transportation included. Lisle. **Minimal Walking*

W Dec 4 10:15am-2:15pm #35109 \$111 PCC
Registration Deadline: November 28

NEW! Sweet Reminders of Christmas at Starved Rock

Celebrate the most wonderful time of the year! Join the dynamic duo of Nancy and Dia as they present an engaging musical experience featuring wonderful familiar holiday tunes. Enjoy a hot buffet lunch before the show. Lunch, show and transportation included. Utica. **Some Walking*

Tu Dec 10 9:45am-4:45pm #34439 \$108 PCC
Registration Deadline: November 15

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



CONNECT WITH NATURE NEW!

Creek Walk at Ferson Creek Park

Join us for a fun afternoon along Ferson Creek. This unique program offers participants the chance to delve into the interesting world of macroinvertebrates hidden beneath the water's surface. Wear waterproof shoes or boots as your feet will get wet! Nets and buckets provided. Meet at Ferson Creek Park off Rt. 31.

Th Sep 12 1-2pm #32608
RES \$7/NR \$9 FCP

Hike with a Naturalist

Walk with Ecological Restoration Technician Patrick and learn about the history of the fen, what goes into restoring it, what native plants thrive in this ecosystem, and why it is the highest quality natural area in the Park District. Dress for the weather and wear comfortable walking shoes. Meet at Ferson Creek Fen off Rt. 31.

Sa Sep 28 9:30-11am #34577
RES \$5/NR \$6 FCFNP

Historic Tree Walk

Can you think of a better way to spend a fall morning than taking in the fall foliage in Pottawatomie Park? Stroll along with Arborist Dave Svitek as you learn about the many types of majestic trees that call Pottawatomie Park home.

W Oct 16 10-11:30am #34544
RES \$5/NR \$6 PP

Love Games? Let's Play! NEW!

Ages
50+

BOO Bingo

Th • Oct 24 • 10-11am • #34679
AAC Member FREE/Nonmember \$2

Name That Tune

Tu • Nov 12 • 1-2pm • #35088
RES \$5/NR \$6 per person

Advance registration required.
 Pottawatomie Community Center

INDOOR WALKING Ages 18+

Sportsplex

M-F • 8:30-9:30am
Drop-In: RES: FREE/NR: \$5

For updates, visit:
stcsportsplex.org/walking
Subject to cancellation without notice.

Bambi & Rudolph

Ages
50+
NEW!

Mon • Dec 9 • 1-2pm
AAC Member FREE
Nonmember \$2 (#35117)

Pottawatomie Community Center

These iconic deer might not seem very much alike, but it turns out their respective species have several traits in common. Red noses notwithstanding, both types of deer belong to the same family and share characteristics like the number of toes in their feet and the way their antler cycle includes a pause. But these dynamic deer have some prominent differences too, which we'll explore in depth during this ho-ho-holiday themed program.

