

# In the Know... On the Go!

SPRING 2025

## Live Life Actively



**Photo:**

Chair volleyball is a new drop-in program! Players pose after a competitive game.

**AAC Hours**

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

**Holiday Hours:**

Easter Sunday (April 20): Closed  
Memorial Day (May 26): Closed

Winter registration opens at 8am  
Feb 10 for Residents & Feb 18 for Nonresidents



**Adult  
Activity  
Center**

A facility of the St. Charles Park District

## Pie Day Extravaganza

**Friday • March 14 • 1-2pm**

**NEW!**  
Ages  
50+

**RES \$5/NR \$6 • #35952 • Pottawatomie Community Center**

Celebrate Pi Day (3.14) by tasting an array of pies, each more tempting than the last! Savor each delectable slice and indulge in your favorites as you learn about the history of this delicious dessert while playing Pi themed games. Come hungry! *Sponsored by Oasis Senior Advisors.*



**NEW!**  
Ages  
50+

## PINOT'S PALETTE Flutter Under the Stars

**Monday • May 12 • 10-11:30am**  
**RES \$40/NR \$48 • #36472**

**Pottawatomie Community Center**

Mysterious monarchs meet under the stars in this stylish, glowing landscape. Paint your own 16x20 canvas as you follow along with guidance from the creative minds of Pinot's Palette. No experience needed, all supplies included.

## Broadway Bound Luncheon



**NEW!**

Ages  
50+

**Thursday • May 22**  
**11:30am-1pm**

From "A Chorus Line" to "Sophisticated Ladies", "42nd Street" to "Oklahoma", and "Sound of Music" to "Brigadoon", come take a journey with Leslie Gray Robbins through the wonderful melodies of The Great White Way! Enjoy a wonderful lunch sponsored by Pearl Health Care.

**AAC Member \$18/Nonmember \$23 • #35953**  
**Pottawatomie Community Center**

# Drop-In Programs

| MONDAY         |   |
|----------------|---|
| 12-4pm         | Pinocle   |
| 12:30-4pm      | Samba   |
| TUESDAY        |   |
| 9-10am         | Chair Volleyball<br>(1st & 3rd Tu, May-Sep)     |
| 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         | Pinocle   |
| 1-2:30pm       | Red Hot Book Readers<br>(Last Wed of the Month) |
| 1-4pm          | Mah Jongg                                       |
| THURSDAY       |   |
| 9-11:30am      | Boccee Ball (May-Oct)                           |
| 9am-12pm       | Duplicate Bridge<br>(Bring Your Own Partner)    |
| 9am-12:30pm    | Samba   |
| 1-3pm          | Mexican Domino Train                            |
| 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 Spring books, contact  
Lynne at 630-513-4324.



## Indoor Pickleball Courts

at Norris Recreation Center,  
Pottawatomie Community Center &  
Haines Gymnasium

For hours & fees:  
[stcparks.org/pickleball](http://stcparks.org/pickleball)



Proud partners with:

Rotary  
St. Charles Breakfast  
Rotary Club



# Upcoming Activities & Opportunities

## **NEW!** AAC Unleashing Justice - A Police K-9 Demonstration

See police K-9 Hetfield from the Morris Police Department in action! Officer Nick will educate us on how K-9 units are vital assets to law enforcement, often helping in search-and-rescue operations, narcotics enforcement, and suspect apprehension. They work closely with their handlers and are often seen as partners in law enforcement efforts. The bond between the K-9 and handler is essential for their effectiveness. Sponsored by Morris Police Department.

Tu Mar 4 10-11am #36564  
AAC Member FREE/Nonmember \$2 PCC

## Sit, Stretch & Tone

Increase your flexibility, tone your muscles and elevate your heart rate. Class consists of stretching the entire body, resistance band and lightweight training while in the seated position.

W Mar 5-Apr 16 8:30-9:15am 36600  
F Mar 7-Apr 18 8:30-9:15am 36608  
RES \$56/NR \$84 PCC

W Apr 23-May 28 8:30-9:15am 36607  
F Apr 25-May 30 8:30-9:15am 36609  
RES \$48/NR \$72 PCC

## Northern Illinois Food Bank - Volunteer

W Mar 12 9-11:30am #35949  
W Apr 9 9-11:30am #35950  
W May 14 9-11:30am #35951  
FREE but must register NIFB

## **NEW!** AAC Understanding Speech Clarity

Join us for an insightful talk on the factors that impact speech clarity as we age. Discover how speech clarity begins in the brain, why it becomes more challenging over time, and the strategies available to enhance it. Learn about options like hearing aids, auditory training, remote microphones, and practical communication techniques to help you stay connected and engaged in conversations. Sponsored by Geneva Hearing.

Tu Mar 18 10-11am #36399  
AAC Member FREE/Nonmember \$2 PCC

## Let's Do Lunch - First Watch

Join us as we head to First Watch. Meet at the restaurant location. Details will be printed on our confirmation receipt. **Cost of lunch is on your own.** Advance registration required.

W Mar 26 11:15am-12:45pm #35728

## **NEW!** AAC Age Related Eye Diseases and Conditions

Learn about eye conditions that commonly develop as people age, including cataracts, age-related macular degeneration (AMD), glaucoma, and diabetic retinopathy. Each condition's causes, symptoms, and effects on vision are explained, along with the impact these diseases have on daily life and independence. Sponsored by Geneva Eye Clinic.

W Apr 16 1-2pm #36412  
AAC Member FREE/Nonmember \$2 PCC

## **AAC** Tinnitus Relief - Treatment Options

Explore the latest insights into tinnitus, the persistent ringing or buzzing in the ears that affects millions. Learn what causes tinnitus, why it occurs, and the treatments available for many tinnitus sufferers. Discover strategies to manage tinnitus effectively.

Sponsored by Geneva Hearing.

Tu Apr 22 10-11am #36400  
AAC Member FREE/Nonmember \$2 PCC

## **NEW!** Walking Tour - Historic Homes of Grandview

Celebrate Historic Preservation month in May by touring the first public park in Illinois - Pottawatomie Park. After, cross the street into the Grandview neighborhood where a docent will share details of the exterior architecture and historical significance of a variety of homes in the neighborhood. The route will include some inclines and uphill sections. Wear comfortable shoes and dress for the weather.

Tu May 6 1:30-3pm #36410  
RES \$5/NR \$6 PP

## **NEW!** AAC Dementia: Development and Differences

Dementia has a way of never touching just one person - it takes over the mind of the sufferer and the life of the caregiver, one backward step at a time. But there is hope! Whether your life is touched by dementia or not, join us for an informative workshop covering the development and differences of this progressive disease. Sponsored by Stroschein Law Group.

W May 7 1-2pm #36243  
AAC Member FREE/Nonmember \$2 PCC

## **AAC** Rotary Night of BINGO

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

W May 7 6-7:30pm #35725  
AAC Member FREE/Nonmember \$1 PCC

## **NEW!** AAC Empower Your Health - Take Care of Your Diabetes!

You cannot turn on the television without hearing about diabetes these days. Your doctor fills your head with boatloads of information about diabetic medicines, tests, diets and so on. Join geriatrician Dr. Bartkus for a discussion about diabetes mellitus. Navigate the oceans of information to help you take home key points about treating diabetes in older adults. Diabetes is managed differently in older patients than in younger populations, so you are sure to learn something new and useful!

Tu May 20 10-11am #36469  
AAC Member FREE/Nonmember \$2 PCC



Register Online  
[stcparks.org/register](http://stcparks.org/register)



# Trips



## NEW! Progressive Tour of River Glen

Join us for an action packed progressive tour of River Glen of St. Charles! Show off your talents and knowledge at each destination by solving a puzzle, winning a game, or correctly answering a trivia question. Work alone or with a partner to complete the challenge and walk away with prizes both big and small at each stop! Don't care to participate in the games/trivia? No worries—just come along and enjoy the food, fun, and laughs this afternoon as you stroll through River Glen of St. Charles. Tour and transportation included. St. Charles. **\*Active Walking**

Tu Mar 25 12:45-4pm #36594  
\$8 PCC

Registration Deadline: March 20

## NEW! Joseph & the Amazing Technicolor Dreamcoat at Marriott Theater

One of the most enduring shows of all time! Reimagine the story of Joseph, his father Jacob, eleven brothers and the coat of many colors. Lunch before the show. Show, lunch and transportation included. Lincolnshire. **\*Some Walking**

Th Mar 27 10am-5pm #36397  
\$125 PCC

Registration Deadline: February 27



## NEW! Harrah's Casino

Discover a gaming playground with over 800 of the hottest slots, more than 20 classic table games, and endless opportunities to try your luck and win it big! Enjoy lunch on your own at the casino. Transportation included. Joliet. **\*Active Walking**

M Mar 31 8:30am-3:30pm #36471  
\$25 PCC

Registration Deadline: March 25

## NEW! West Side Story at The Fireside

Shakespeare's Romeo and Juliet is transported to modern-day New York City as two young lovers find themselves caught between warring street gangs. Their struggle to survive in a world of hate, violence, and prejudice is one of the most innovative, heart-wrenching, and relevant musical dramas of our time. Lunch prior to the show. Show, lunch and transportation included. Ft. Atkinson, WI. **\*Some Walking**

Th Apr 3 8:30am-6:30pm #35745  
\$146 PCC

Registration Deadline: March 3

## NEW! Get 'Classy at Weber Grill

Join the Executive Chef at Weber Grill as we learn techniques on various courses for a delicious meal. The best part - after some demonstrations and hands-on learning, you can eat it all, a tasty fabulous meal! Some of the amazing menu includes salmon, steak, green beans, mashed potatoes, and more! Demonstration, appetizers, lunch and transportation included. Lombard. **\*Minimal Walking**

M Apr 7 10:30am-3:30pm #36488  
\$144 PCC

Registration Deadline: April 1

## NEW! Sanfilippo Estate

During this educational and highly entertaining tour, hear the story of the family, view demonstrations of a variety of music machines, listen to a mini-concert on the Mighty Wurlitzer and learn the history of the Carousel Pavilion. This walking tour includes 2 hours in the Sanfilippo Residence and one hour in the Carousel Pavilion with the Foundation Director as your tour guide. Lunch on your own after the tour. Tour and transportation included. Barrington. **\*Active Walking**

Tu Apr 15 8:15am-4:15pm #35743  
\$69 PCC

Registration Deadline: March 30

## NEW! Teatro Zin Zanni

Experience this original form of entertainment combining a unique version of cirque, comedy, cabaret, spectacle, and live music all while serving up a multi-course feast! Show, lunch and transportation included. Chicago. **\*Some Walking**

Th Apr 17 9:30am-5pm #35954  
\$185 PCC

Registration Deadline: March 19

## 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.

Make your sweet escape as you roll into happiness and experience handcrafted wonders from flames to masterpieces. Can you guess the location? **\*Active Walking**

W Apr 23 8:30am-4:30pm #36467  
\$92 PCC

Registration Deadline: April 15

## NEW! Secret Life of Butterflies

Explore the wild, wonderful and often strange world of butterflies and moths! See the lifecycle in action as caterpillars munch on leaves, butterflies emerge from their chrysalis, and moths from their cocoons. Get an up-close look at these amazing insects in the butterfly house as you are surrounded by native and exotic butterflies. Lunch on your own at a local restaurant. Tour and transportation included. Rockford. **\*Active Walking**

Tu Apr 29 9am-4:30pm #35956  
\$29 PCC

Registration Deadline: April 20

## NEW! Ottawa Graveyard Stories

Embark on a chilling expedition with stories about heroes, hobos and murderers! Learn about the often-overlooked stories of the people who helped shape Starved Rock County. Some of the graveyards are in remote locations and require short walks on uneven ground. Lunch at a local restaurant after the tour on your own. Tour and transportation included. Ottawa. **\*Active Walking**

Th May 8 8:15am-4:15pm #35799  
\$74 PCC

Registration Deadline: May 1

## NEW! Thanks for the Memories, A USO Salute Encore

Paying homage to those entertainers who sang and danced for our troops during the 1940s, this USO Salute includes a tribute to such artists as the Andrews Sisters, Judy Garland, Bob Hope, Rosemary Clooney and many more. Backed by a 5-piece band, six powerhouse singers recreate an afternoon of a classic USO show full of memorable songs, comedic numbers and slapstick entertainment. Lunch on your own before the show. Show and transportation included. Arlington Heights. **\*Some Walking**

Tu May 13 10am-5pm #36244  
\$91 PCC

Registration Deadline: April 28



## NEW! Cats at The Paramount

Prepare yourself to be immersed into a world like no other - the world of Jellicle Cats. This dance-driven extravaganza is filled with lush orchestrations and heart-pounding numbers, including the show-stopping "Memory". Lose yourself in the experience and join the tribe! Lunch at the Meyer Ballroom before the show. Lunch, show and transportation included. Aurora. **\*Active Walking**

W May 21 11am-5pm #35174  
\$104 PCC

Registration Deadline: April 29

## NEW! The Last Potluck Supper

It is 1979, the day of the church's Centennial Celebration, and past parishioners have gathered to share dishes and stories from the last 100 years. As the women work in the kitchen, shared memories burst into life through a series of flashbacks. The celebration is bittersweet - times are tough in this small community and hard decisions will have to be made. Lunch, show and transportation included. Ft. Atkinson, WI. **\*Some Walking**

Th Jun 19 8:30am-6:30pm #35746  
\$156 PCC

Registration Deadline: May 18

**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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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



**SAVE THE DATE** St. Charles Community **GARAGE SALE** **MAY 2-3**  
**8AM-4PM**

**Ages 50+**



**Potluck Lunch  
Fried Chicken**

Bring a dish to share and enjoy lunch with friends.  
*Sponsored by River Glen of St. Charles.*

**Thursday, April 10 • 12-1pm**  
**AAC Members: FREE**  
**Nonmembers: \$2 (#36254)**  
**Pottawatomie Community Center**

**PARK POKER  
PURSUIT** **NEW!**

**Sun • April 27 • 10-11:30am** **Ages 21+**

Gather a competitive team to race and find the highest five-card poker hand. Cards will be hidden in Pottawatomie Park & the Native Plant Garden. Best hand receives a prize! Enjoy a hot breakfast after the fun. Purchase Bloody Mary cocktails or other spirited beverages on site. Each participant must bring a valid ID.

**\$64 per team, up to 4 players**  
**Pottawatomie Community Center**  
Purchase tickets: [stcparks.org/events](http://stcparks.org/events)

**Springtime BINGO** **NEW!**

**Ages 50+**

What better way to welcome spring than by playing bingo? Join others in this game of luck. Prizes for winners sponsored by BRIA of Geneva.

**Wednesday • April 30 • 10-11am**  
**AAC Member FREE**  
**Nonmember \$2 • #36401**  
**Pottawatomie Community Center**

*Swing Into Summer*  
**BARN DANCE**  
**May 17 • 6-10pm**

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



**Advance Tickets (by May 16): \$18/person**  
**Tickets at the door: \$20/person**

**ALL Ages** **Purchase tickets:**  
[stcparks.org/events](http://stcparks.org/events)

**Pottawatomie Golf Course**

**50+ Golf Tournament**  
**SaSu • May 31-June 1 • 7am**  
**\$80/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 25 at 5pm or a full 36-player field.



**For more details, visit: [pottawatomiegc.com](http://pottawatomiegc.com)**