

# S.T.A.R. Connections



Centennial Activity Center

June/July/August 2021

Centennial Activity Center • 100 S. Western Ave., Park Ridge, IL 60068 • 847-692-3597 • [www.prparks.org](http://www.prparks.org)

## Dear S.T.A.R. Members:

With the warm weather upon us, we are so happy to see things moving toward Phase 5 of the Restore Illinois Plan. We hope you will join us for some summer fun!

Registration is open, and spaces are available for June, July, and August programs and events. The newsletter is our most current schedule. As we obtain more information on guidelines from the Illinois Department of Public Health and the CDC, we will continue to adjust our operations. Our hope is to have the membership and all the benefits implemented sometime this summer. We will email any changes out. Please verify your email address if you have not been receiving communications from the Park District

On May 17, the State of Illinois lifted the mask mandate for fully-vaccinated individuals. Unvaccinated patrons must still wear a face covering and maintain social distance whenever visiting the facility or participating in programs.

The Fall Brochure will be emailed on Thursday, July 29. Fall Registration will begin on Monday, August 2 at 8:30am.

## We wish you all the best!

**Jennifer Meyers**      **Sarah Groeper**  
Activity Center Manager      Program Supervisor

## The IPRA Six County Senior Games July 6-28, 2021 (tentative dates)

There are 15 different events including swimming, golf, pickleball, tennis, track and field, bocce, billiards, table tennis, horseshoes, bags, wii bowling, jump rope, as well as team softball and volleyball. Entry fee is \$16 for one day; \$22 for two or more days. All participants receive a t-shirt and medals are given to winners in each age group for both men and women. For updated information and entry forms, visit the IPRA Six County Senior Games Facebook page.

## Summer KICK-OFF PARTY



Bring your swimsuit and your appetite! We are kicking off summer the right way. Join us for lunch, great entertainment, and a dip in the pool. See more details on page 8. **Registration deadline: May 17.**

**Thursday, June 3 • 11:30am-2:00pm**  
**#4230102-01 • Fee: \$15**



## SUMMER Craft & Vendor Fair

Do you love fashion, accessories, jewelry, skin care, cosmetics, home goods, or art? Come to Oakton Sports Complex to shop and support local crafters and vendors.

Vendors: Email Jennifer Meyers by June 4 at [jmeyers@prparks.org](mailto:jmeyers@prparks.org) for an application.

**Saturday, June 19 • 9:00am-3:00pm**  
**Oatkon Sports Complex • Free**



## S.T.A.R. Adventure = CAMP

You are never too old to go to camp! Embark on a summer adventure with an adult twist. We are exploring all Chicago has to offer. We can't wait to see what this week-long journey has in store!

**View more details on page 2.**



**S.T.A.R.**

# Adventure CAMP

You are never too old to go to camp! Embark on a summer adventure with an adult twist. We are exploring all Chicago has to offer. We can't wait to see what this week-long journey has in store! Transportation and admission are included for each day. Masks are required for both vaccinated and unvaccinated individuals on the bus. If you register by July 12 you will receive a free Adventure Camp shirt! **Registration deadline: Jul 26.**

## Van Gogh Chicago

**Monday, August 23 • 10:00am-4:00pm**

Experience art like never before – lose yourself in 500,000 cubic feet of flawless projections animating Vincent van Gogh's oeuvre. Wander through entrancing, moving images that highlight brushstrokes, detail, and color – truly illuminating the mind of the genius. The exhibition is custom-designed to Chicago's Germania Club – transforming the neoclassical into the magical. Enjoy a delicious box lunch at the Activity Center beforehand.

**#4230903-01 • Fee: \$92**

## Lincoln Park Zoo and Conservatory

**Tuesday, August 24 • 10:00am-3:00pm**

Head to the Lincoln Park Conservatory to see the changing plants and explore the Lincoln Park Zoo. Lincoln Park Zoo is an accredited member of the Association of Zoos and Aquariums. The zoo also offers over 16 different exhibits and a variety of new arrivals from a red wolf to a female polar bear. After you have seen all the animals, head over to Lincoln Park Conservatory to view various plant species in this Victorian Era glass house. Please bring a packed lunch or money to buy lunch.

**#4230903-02 • Fee: \$40**

## Art in the Parks

**Wednesday, August 25 • 9:00am-5:00pm**

Chicago's parks are often considered outdoor museums. For more than a century, the city's parks have been the settings for hundreds of world-class monuments and sculptures. This tour explores an array of nationally significant public artworks. Highlights include figurative sculptures such as the John Peter Altgeld Monument by Gutzon Borglum, the artist who created Mount Rushmore; and the Standing Lincoln by Augustus St. Gaudens. Contemporary artworks such as Henry Moore's Man Enters the Cosmos will also be visited. The tour is led by historian Julia S. Bachrach, author of *The City in a Garden: A History of Chicago's Parks*. Lunch is at Emperor's Choice in Chinatown. Fee includes tour, lunch, and transportation.

**#4230903-03 • Fee: \$96**

## Half Acre Brewery

**Thursday, August 26 • 11:00am-3:00pm**

Let an atmosphere of Chicago surround you as you sip on a cold one at Half Acre's beer garden. Moving from Colorado, Half Acre opened its first location in Chicago in 2008. From there they have expanded and become a top selling beer in Chicago. Be the judge yourself to decide if Chicago truly does have the best beer! Beer tasting is included.

**#4230903-04 • Fee: \$45**

## Crosstown Classic: Cubs vs. White Sox

**Friday, August 27 • 4:00pm-11:00pm**

Join us as we head to Guaranteed Rate Field for the famous Crosstown Classic to cheer on your favorite Chicago baseball team. An hour and a half prior to the first pitch, we enjoy a Patio Party for all you can eat and drink buffet (wine and beer included). Transportation, admission ticket, and Patio Party are included in the fee. Due to limited space, this trip is designated for those age 55+. **Registration deadline: Aug 12.**

**#4230903-05 • Fee: \$140**



# Dining Out!



Try out restaurants near and far, and leave the driving to us! Each month we visit a different restaurant, and you get to choose what you order. Your cost simply includes the price of transportation; meal cost is on your own. If you wish to meet at the restaurant, please let the front desk know. There is limited seating due to state regulations; register early to secure your seat!  
Time: 4:00pm-7:30pm      Fee: \$7 per outing

## JUNE: *Hampton Social Club, Barrington*

A dining hotspot that evokes East Coast living in every aspect - from the white washed nautical walls to the signature seafood fare.

4230902-01 • Thursday, June 10      4230902-02 • Thursday, June 17

## JULY: *The Clubhouse, Oak Brook*

Known for its classic American cuisine, expansive wine and cocktail list, exceptional service, and grand atmosphere, this Chicagoland standout has been satisfying the palates of diners for more than 23 years.

4230902-03 • Thursday, Jul 8      4230902-04 • Thursday, July 15

## AUGUST: *Fox & Turtle, Itasca*

A relaxed, upscale American pub with amazing views of the beautiful Itasca Country Club golf course.

4230902-05 • Thursday, August 5      4230902-06 • Thursday, August 12

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# Fitness Classes

For the safety of staff and other participants, please stay home if you experience fever (100.4 or higher), chills, cough, shortness of breath or difficulty breathing, muscle pain, headache, sore throat, or new loss of taste and smell. Use of the Activity Center's shared equipment is not available at this time. Each fitness class can be modified to use your own body weight. You are welcome to bring your own personal weights, bands, or yoga mats, but sharing of equipment is prohibited.

## S.T.A.R. YOGA I AND CHAIR

with Katherine DiPietro

Increase your flexibility, strength, and balance. Class size is limited, so sign up today.

Activity	Day	Date	Time	Fee
4230601-01	Tu	Jun 8-Jul 20	9:00am-9:45am	\$53
4230601-02	Th	Jun 10-Jul 22	9:00am-9:45am	\$53
4230601-03	Tu	Jul 27-Aug 31	9:00am-9:45am	\$42
4230601-04	Th	Jul 29-Sep 2	9:00am-9:45am	\$42

### Virtual Sessions:

4230601-05	Tu	Jun 8-Jul 20	9:00am-9:45am	\$53
4230601-06	Th	Jun 10-Jul 22	9:00am-9:45am	\$53
4230601-07	Tu	Jul 27-Aug 31	9:00am-9:45am	\$42
4230601-08	Th	Jul 29-Sep 2	9:00am-9:45am	\$42

## S.T.A.R. INTERMEDIATE YOGA

with Katherine DiPietro

Strengthen your body and gain or maintain flexibility in your muscles and joints.

Activity	Day	Date	Time	Fee
4230602-01	Tu	Jun 8-Jul 20	10:30am-11:30am	\$53
4230602-02	Th	Jul 10-Jul 22	10:30am-11:30am	\$53
4230602-03	Tu	Jul 27-Aug 31	10:30am-11:30am	\$42
4230602-04	Th	Jul 29-Sep 2	10:30am-11:30am	\$42

### Virtual Sessions:

4230602-05	Tu	Jun 8-Jul 20	10:30am-11:30am	\$53
4230602-06	Th	Jul 10-Jul 22	10:30am-11:30am	\$53
4230602-07	Tu	Jul 27-Aug 31	10:30am-11:30am	\$42
4230602-08	Th	Jul 29-Sep 2	10:30am-11:30am	\$42

## FUNCTIONAL FITNESS

with Meghan Cashman

Join us on Friday mornings as S.T.A.R. fitness instructor Meghan leads us through a workout routine.

Activity	Day	Date	Time	Fee
4230610-01	W	Jun 9-Jul 21	9:00am-10:00am	\$35
4230610-02	F	Jun 11-Jul 23	9:00am-10:00am	\$30
4230610-03	W	Jul 28-Sep 1	9:00am-10:00am	\$30
4230610-04	F	Jul 30-Sep 3	9:00am-10:00am	\$30

### Virtual Sessions:

4230610-05	W	Jun 9-Jul 21	9:00am-10:00am	\$35
4230610-06	F	Jun 11-Jul 23	9:00am-10:00am	\$30
4230610-07	W	Jul 28-Sep 1	9:00am-10:00am	\$30
4230610-08	F	Jul 30-Sep 3	9:00am-10:00am	\$30

## SEATED PELVIC CORE FUSION

with Tina Christi

Use the Pelvicore Pro, weights, and bands to improve total body function. This class is mainly chair based, but also includes exercises standing and with chair support, depending on modifications needed for participants. **No class 7/5.**

Activity	Day	Date	Time	Fee
4230611-01	M	Jun 7-Jul 19	10:30am-11:30am	\$30
4230611-02	M	Jul 26-Aug 30	10:30am-11:30am	\$30

### Virtual Sessions:

4230611-03	M	Jun 7-Jul 19	10:30am-11:30am	\$30
4230611-04	M	Jul 26-Aug 30	10:30am-11:30am	\$30

## BOXING FOR BALANCE

with Meghan Cashman

With a focus on cardio and boxing based moves, your balance will be improved in no time. Wear comfortable clothing and be prepared to sweat!

Activity	Day	Date	Time	Fee
4230607-01	W	Jun 9-Jul 21	10:30am-11:30am	\$35
4230607-02	W	Jul 28-Sep 1	10:30am-11:30am	\$30

### Virtual Session:

4230607-03	W	Jun 9-Jul 21	10:30am-11:30am	\$35
4230607-04	W	Jul 28-Sep 1	10:30am-11:30am	\$30



# Fitness Classes continued

For the safety of staff and other participants, please stay home if you experience fever (100.4 or higher), chills, cough, shortness of breath or difficulty breathing, muscle pain, headache, sore throat, or new loss of taste and smell. Use of the Activity Center's shared equipment is not available at this time. Each fitness class can be modified to use your own body weight. You are welcome to bring your own personal weights, bands, or yoga mats, but sharing of equipment is prohibited.

## TAI CHI FOR ARTHRITIS

with **Bobbie Adams**

Tai Chi helps improve flexibility, muscle strength, heart and lung activity, posture, and balance to prevent falls. Enjoy the class at your own pace standing or seated. **No class 7/2.**

Activity	Day	Date	Time	Fee
4230603-01	F	Jun 11-Jul 23	12:30pm-1:15pm	\$51
4230603-02	F	Jul 30-Aug 27	12:30pm-1:15pm	\$43

### Virtual Sessions:

4230603-03	F	Jun 11-Jul 23	12:30pm-1:15pm	\$51
4230603-04	F	Jul 30-Aug 27	12:30pm-1:15pm	\$43

## S.T.A.R. TAP CLASSES

with **Jeannine Pilolla**

Shuffle, hop, toe, flap, and ball-change! Learn how to be the next Gregory Hines or Ann Miller. Brush up on what you already know and add on to your repertoire.

### Intermediate Classes:

Activity	Day	Date	Time	Fee
4230605-01	Tu	Jun 8-Jun 29	12:30pm-1:30pm	\$20
4230605-02	Tu	Aug 3-Aug 31	12:30pm-1:30pm	\$25

### Advanced Classes:

4230605-03	Tu	Jun 8-Jun 29	2:00pm-3:00pm	\$20
4230605-04	Tu	Aug 3-Aug 31	2:00pm-3:00pm	\$25



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# S.T.A.R. Games

**Registration deadline for all classes:** one week prior to the beginning of class.

## CARDS & GAME TABLE RESERVATIONS **NEW!**

We are so excited to have you back! Beginning June 1, the Centennial Activity Center is offering card tables for reservation only. Reserve a table for 4 and play cards, mah jongg, dominoes, or any table game you and your friends enjoy! We must follow the guidelines of the State of Illinois in regards to vaccination status. Those fully vaccinated will not be required to wear a mask. These rules are in place to protect everyone during their visit the Activity Center. We appreciate your understanding and participation as we find our way back to normal.

### Code of Player Conduct and Procedures:

- Unvaccinated patrons must wear a mask over the nose and mouth at all times.
- Clean hands in, clean hands out. Use of hand sanitizer before and during game play is encouraged. Sanitizer will be provided and located conveniently across the building.
- The CAC is not offering coffee service.
- The CAC is not allowing outside food. Outside drinks are allowed. If you need to drink, you must leave the table and remain socially distance at 6ft or more from those playing.
- The bottle filler on the drinking fountains is available.
- Keep all personal belongings off of the playing tables.
- **Groups may reserve game tables for a 3-hour session for \$8 per table. One person will register the group and pay the associated fees.**
- At the end time of the session, staff will complete cleaning and sanitizing before the next group. It is a hard finish at the end time between groups.
- No player rotation is allowed. The group you reserve with is the group you must stay with.
- All players will check in at the front desk no more than 10 minutes prior to scheduled time.
- Cards and Mah Jongg sets are provided. After use, please return to the front desk for isolation and cleaning.

Day	Time	Type of Play
Monday	9:00am-Noon	Open
	1:00pm-4:00pm	Open
Tuesday	9:00am-Noon	Open
	1:00pm-4:00pm	Open
Wednesday	9:00am-Noon	Mah Jongg
	1:00pm-4:00pm	Open
Thursday	9:00am-Noon	Open
	1:00pm-4:00pm	Open
Friday	9:00am-Noon	Duplicate Bridge
	1:00pm-4:00pm	Gamers

**\*Please note that rules and procedures are subject to change based on the State of Illinois' Restore Illinois Plan.**

## TABLE TENNIS

Table Tennis is back! Three tables are available on Mondays, Tuesdays, or Thursdays. Registration is required for each 1-hour time slot. Maximum of 2 players per table/room. You need to bring your own paddle. Balls are provided, as well as sanitizer for the balls. Cleaning/disinfecting takes place in the room between each session. Singles play only. Please note: Table Tennis is no longer a drop-in program. **No class 6/21 and 7/5.**

**Fee:** \$2 per hour

Activity	Day	Table	Date	Time
4230822-01	M, Tu or Th	1	Jun 7-Sep 2	1:00pm-2:00pm
4230822-02	M, Tu or Th	2	Jun 7-Sep 2	1:00pm-2:00pm
4230822-03	M, Tu or Th	3	Jun 7-Sep 2	1:00pm-2:00pm
4230822-04	M, Tu or Th	1	Jun 7-Sep 2	2:15pm-3:15pm
4230822-05	M, Tu or Th	2	Jun 7-Sep 2	2:15pm-3:15pm
4230822-06	M, Tu or Th	3	Jun 7-Sep 2	2:15pm-3:15pm
4230822-07	M, Tu or Th	1	Jun 7-Sep 2	3:30pm-4:30pm
4230822-08	M, Tu or Th	2	Jun 7-Sep 2	3:30pm-4:30pm
4230822-09	M, Tu or Th	3	Jun 7-Sep 2	3:30pm-4:30pm

## BUNCO

Play Bunco every first and third Tuesday of the month! Please note: Registration is required. This is no longer a drop-in program.

Activity	Day	Date	Time	Fee
4230813-01	Tu	Jun 1	1:00pm-4:00pm	\$2
4230813-02	Tu	Jun 15	1:00pm-4:00pm	\$2
4230813-03	Tu	Jul 6	1:00pm-4:00pm	\$2
4230813-04	Tu	Jul 20	1:00pm-4:00pm	\$2
4230813-05	Tu	Aug 3	1:00pm-4:00pm	\$2
4230813-06	Tu	Aug 17	1:00pm-4:00pm	\$2

## YAHTZEE

Every Monday afternoon, join us for a friendly game of Yahtzee. Each patron will be provided their own dice. Please note: This is not a drop-in program.

Activity	Day	Date	Time	Fee
4230826-01	M	Jun 7-Jun 28	1:00pm-3:00pm	\$8
4230826-02	M	Jul 12-Jul 26	1:00pm-3:00pm	\$6
4230826-03	M	Aug 2-Aug 30	1:00pm-3:00pm	\$10

# Games, continued

## CROQUET

Enjoy the summer air while socializing with friends and playing a relaxing game of croquet. Get in the fun of friendly competition! This program is weather permitting.

Activity	Day	Date	Time	Fee
4230824-01	W	Jun 2-Jun 30	10:00am-11:30am	\$15
4230824-02	W	Jul 7-Jul 28	10:00am-11:30am	\$12
4230824-03	W	Aug 4-Aug 25	10:00am-11:30am	\$12

## CENTENNIAL GAME SHOW

Test your knowledge of classic game shows such as Who Wants to Be a Millionaire, Wheel of Fortune, and Family Feud. Enjoy a delicious seasonal treat as you win prizes and hone in on your skills! The survey says it will be a great day!

Activity	Day	Date	Time	Fee
4230533-01	F	Jun 4-Jun 18	2:00pm-3:30pm	\$9
4230533-02	F	Jul 2-Jul 30	2:00pm-3:30pm	\$12
4230533-03	F	Aug 6-Aug 27	2:00pm-3:30pm	\$12

# Specialty Classes

Each patron is asked to bring their own supplies or will receive an individual supply pack depending on the class. Any shared equipment is prohibited. Programs require participants to wear a cloth face covering over their nose and mouth.

**Registration deadline for all classes:** one week prior to the beginning of class.



## CERAMICS with Micky Currie

Design your own work of art! Join us for our weekly ceramics class. Students work on projects of their choice and level of experience. **No class 7/5.**

Activity	Day	Date	Time	Fee
4230513-01	M	Jun 7-Jul 19	9:30am-Noon	\$72
4230513-02	Tu	Jun 8-Jul 20	9:30am-Noon	\$84
4230513-03	M	Jul 26-Aug 30	9:30am-Noon	\$72
4230513-04	Tu	Jul 27-Aug 31	9:30am-Noon	\$72

## STAR ART WORKSHOP with Rae Penzin

Calling out your inner Picasso! Our talented instructor can bring out the best in you artistically! All ability levels are welcome. Instruction is in acrylics. **No class 7/5.**

Activity	Day	Date	Time	Fee
4230501-01	M	Jun 7-Jul 19	10:00am-Noon	\$57
4230501-02	M	Jul 26-Aug 30	10:00am-Noon	\$57

## SIT AND STITCH with Gwen Jager

Gwen Jager leads this group of quilters, cross stitchers, hand stitchers, embroiderers, and sewers of all kinds! Come, sit, and stitch!

Activity	Day	Date	Time	Fee
4230802-01	Th	Jun 3-Jun 24	1:00pm-4:00pm	\$10
4230802-02	Th	Jul 1-Jul 29	1:00pm-4:00pm	\$13
4230802-03	Th	Aug 5-Aug 25	1:00pm-4:00pm	\$10

## BOOK WORMS with Mary Loise

Join us for book club! Pick up times for books and the book of the month will be revealed upon registration. The group meets at the end of the month to discuss.

Activity	Day	Date	Time	Fee
4230816-01	F	Jun 25	11:00am-Noon	\$3
4230816-02	F	Jul 30	11:00am-Noon	\$3
4230816-03	F	Aug 27	11:00am-Noon	\$3

## UKETONES

The Uketones are back, virtually! Join us every Tuesday at 1:30pm via GoToMeeting to play along with the rest of the gang! Email [sgroeper@prparks.org](mailto:sgroeper@prparks.org) if you are interested.

## UKULELE ENSEMBLE CLASS

with Peg Mistak

Be a part of the Ukulele Ensemble! Reform your skills with the guided help of an instructor. **No class 7/5.**

Activity	Day	Date	Time	Fee
4230503-01	M	Jun 7-Jul 19	1:30pm-2:30pm	\$54
4230503-01	M	Jul 26-Aug 30	1:30pm-2:30pm	\$54



# June events & programs

Programs require unvaccinated participants to wear a cloth face covering over their nose and mouth.

**Registration deadline for all classes:** one week prior to the beginning of class unless otherwise noted.

## JUNE EVENTS

### Summer Kick-Off Party at the Centennial Aquatic Center

Thursday, June 3 • 11:30am-2:00pm

Bring your swimsuit and your appetite! We are kicking off summer the right way. Mark Hoffman will perform a variety of piano summer fun songs you can sing along to. Join us for lunch, great entertainment, and a dip in the pool. Lunch includes a chicken wrap, broccoli slaw, chips, and dessert.

**Registration deadline: May 17.**

### Just Lunch: Hot Dogs

Monday, June 7 • Noon-1:00pm

Looking to enjoy good company and a delicious meal? Look no further! Lunch is served by Harp & Fiddle. Each meal comes with chips, drink, and dessert. Stay after for a bags tournament.

**#4230304-01 • Fee: \$12**

### S.T.A.R. Summer Golf Outing

Wednesday, June 9 • 9:30am

Spend a day golfing with good friends! Nine holes of golf, a cart, and lunch of a hot dog, chips, and a drink is included.

Let us know if you have someone you would like to be paired with at the time of registration. Tee times will be announced on June 7. **Registration deadline: Jun 1.**

**#4230102-07 • Fee: \$50 M/\$55 NM**

**Location: TAM Golf Course, 6700 Howard St., Niles**

### Bingo & Pizza

Wednesday, June 16 • 12:30pm-2:30pm

B-I-N-G-O! There is no sweeter sound. Visit with friends as you play a few rounds of bingo. Pizza is served.

**#4230305-01 • Fee: \$13**

Continued on page 11

### Chicago Gangsters vs. the FBI With Jim Gibbons

Monday, June 21 • 12:30pm-2:00pm

Historian Jim Gibbons discusses the arrival of FBI agent Eliot Ness to the City of Chicago. Ness searched through the records of prohibition agents, and hand-picked a reliable team. Due to the swift work of Ness and his men, Al Capone was indicted and charged with 5,000 Volstead Act violations. No matter how many times The Organization tried, Ness and his men could not be bribed nor intimidated. Charles Schwarz of the Chicago Daily News soon nicknamed these federal agents, "The Untouchables." Lunch includes a turkey and brie wrap with zesty pasta salad and a brownie.

**Registration deadline: Jun 7.**

**#4230302-01 • Fee: \$22**

## JUNE PROGRAMS

### Armchair Travels: Our Towns

Monday, June 7 • 1:00pm-2:30pm

From filmmakers Steven Ascher and Jeanne Jordan comes *Our Towns*, a documentary that paints a remarkable picture of America and how the rise of civic and economic reinvention is transforming small cities and towns across the country. Based on journalists James and Deborah Fallows' book *Our Towns: A 100,000-Mile Journey into the Heart of America*, the film spotlights local initiatives and explores how a sense of community and common language of change can help people and towns find a different path to the future. **If you are registered for Just Lunch, the movie is FREE!**

**#4230403-01 • Fee: \$3**

### Classic Movie: *Once Upon a Time in the West*

1968, rated PG-13, 165 min

Friday, June 4 • 1:30pm-3:00pm

Fresh off his "Dollars Trilogy" run with Clint Eastwood, spaghetti-Western godhead Sergio Leone returned to the dusty, amoral landscapes of the genre he helped popularize; just for kicks, he also brought along two of his original choices for "the Man With No Name," Henry Fonda and Charles Bronson. Like the title suggests, it's an epic, and a beautifully brutal, bloody one at that.

**#4230402-01 • Fee: \$3**

# July events & programs

Programs require unvaccinated participants to wear a cloth face covering over their nose and mouth.

**Registration deadline for all classes:** one week prior to the beginning of class unless otherwise noted.

## JULY EVENTS



### 4th of July Lunch

Wednesday, July 14 • Noon-2:30pm

Celebrate America the beautiful with traditional songs of the U.S. with the band Good Clean Fun. Menu includes chicken piccata, Yukon potatoes, and vegetable medley. **Registration deadline: Jun 23.**

#4230301-01 • Fee: \$30

### Ice Cream Social

Wednesday, July 14 • 1:30pm-3:00pm

Toppings, toppings, and more toppings! Enjoy a fun ice cream sundae while listening to The Silverliners - Peg and Ray. **Registration deadline: Jun 28.**

#4230102-03 • Fee: \$6

### Just Lunch: Burgers

Monday, July 12 • Noon-1:00pm

Looking to enjoy good company and a delicious meal? Look no further! Lunch is served by Harp & Fiddle. Each meal comes with chips, drink, and dessert. Stay after for a bags tournament.

#4230304-02 • Fee: \$12

### Bingo & Pizza

Wednesday, July 21 • 12:30pm-2:30pm

B-I-N-G-O! There is no sweeter sound. Visit with friends as you play a few rounds of bingo. Pizza is served.

#4230305-02 • Fee: \$13

Continued on page 10

## S.T.A.R. Olympics Week

Celebrate team U.S.A. as we compete in Tokyo! We didn't think just a day was enough to honor our great athletes, so we made it a week! **Registration deadline: Jul 19.**

### Opening Ceremonies

Monday, July 26 • 10:30am-12:30pm

Re-watch the opening ceremonies with coffee and pastries. Come dressed in your patriotic colors!

#4230904-01 • Fee: \$10

### Olympics Trivia

Tuesday, July 27 • 1:00pm-2:30pm

Let the games begin! See which team knows the most about the Olympics and the countries competing. A friendly rivalry never hurt anyone. Dessert will be served.

#4230904-02 • Fee: \$5

### Modern Summer Olympics: Athens to Tokyo

Wednesday, July 28 • 12:30pm-2:00pm

The games in Tokyo continue the history of the games played since the times of Ancient Greece. Hear how Pierre de Coubertin, founder of the international Olympic Committee began the first international Olympic games in Athens in 1896 and how modern history has affected the games. Lunch is catered.

#4230904-03 • Fee: \$20

### Food Around the World

Thursday, July 29 • 11:00am-12:30pm

Try a variety of food from the various countries competing. Learn about each culture and what makes it special. From classic music to traditions to famous landmarks. Buon appetito! Enjoy your meal!

#4230904-04 • Fee: \$15

### Lawn Olympics

Friday, July 30 • Noon-2:30pm

End the week with lawn Olympics! Play a variety of games from bocce to bags to some silly water games. See if your team can win the gold! A box lunch will be served.

#4230904-05 • Fee: \$20



# July programs, continued

## JULY PROGRAMS

### Rules of the Road Review

Tuesday, July 6 • 9:00am-11:00am

The Rules of the Road Review Course is designed to give drivers the knowledge and confidence needed to renew or obtain a driver's license. The Review Course combines an explanation of the driving exam with a practice written exam. The questions and information in the Rules of the Road Review Course are provided only to help you measure your knowledge of driving skills and Illinois traffic laws. Participants are not graded on their answers on the practice exam.

Free with reservation. Call 847-692-3597 to reserve a spot.

### Armchair Travels: *The Apollo*

Monday, July 12 • 1:00pm-2:30pm

Helmed by Academy and Emmy Award-winning director Roger Ross Williams, *The Apollo* chronicles the unique history and contemporary legacy of the New York City landmark, the Apollo Theater. The documentary weaves together archival footage, music, comedy and dance performances, and behind-the-scenes verité with the team that makes the theater run. *The Apollo* features interviews with artists including Patti LaBelle, Pharrell Williams, Smokey Robinson, and Jamie Foxx.

#4230403-02 • Fee: \$3

### Classic Movie: *Rebel Without a Cause*

1955, rated PG-13, 111 mins

Friday, July 2 • 1:30pm-3:00pm

You can catch all three of the star vehicles James Dean made in a brief but iconic career before the car crash that took his life. Dean plays Jim Stark, a California teen who feels alienated from his parents and life in general. He and a pair of fellow outcasts, played by Natalie Wood and Sal Mineo, have a series of adventures that put them in danger but make them feel more alive.

#4230402-02 • Fee: \$3

### New Movie: *Irresistible*

2020, rated R, 101 mins

Friday, July 9 • 1:30pm-3:00pm

*Irresistible* is a 2020 American political comedy film written and directed by Jon Stewart. It stars Steve Carell, Chris Cooper, Mackenzie Davis, Topher Grace, Natasha Lyonne, and Rose Byrne. The film follows a Democratic strategist who tries to help a local candidate win an election in a small right-wing town.

#4230404-02 • Fee: \$3

### Science of the Inquisitive Mind

Moderated by Dr. Robert Dwyer

Tuesday, July 20 • 10:00am-11:00am

Get a deeper understanding of science for the non-scientists. No math, no quizzes, no homework! We have an interactive small group discussion.

In-Person: #4230519-02 • Fee: \$3

Virtual Session: #4230519-05 • Fee: \$3

### ALT: Adults Learning Technology

Tuesday, July 20 • 1:00pm-2:00pm

Sign up for a 30-minute time slot to ask your burning technology questions. Bring your laptop, tablet, or phone. Eileen O'Leary Sorensen, owner of ALT: Adults Learning Technology, will be leading these one-on-one sessions.

Activity	Day	Date	Time	Fee
4230809-01	Tu	Jul 20	10:00am-10:30am	\$3
4230809-02	Tu	Jul 20	10:30am-11:00am	\$3
4230809-03	Tu	Jul 20	11:00am-11:30am	\$3
4230809-04	Tu	Jul 20	11:30am-12:00am	\$3



## SERVICES



### SOCIAL WORKER

North Shore Senior Center social worker Michelle Duel is available for counseling and supportive services. Please call 847-784-6064 to schedule an appointment.

### LENDING LIBRARY

Our lending Library is available Monday-Friday, 8:30am-4:30pm. We are currently looking for donations of mystery books and puzzles.

### LENDING CLOSET

Our medical lending closet has a variety of medical equipment for use including walkers, wheelchairs, shower benches, etc. Donations are accepted. Please call 847-692-3597 to reserve your equipment or schedule a drop-off time.

# June programs, continued

## New Movie: *Crazy Rich Asians*

2018, rated PG-13, 160 mins

Friday, June 11 • 1:30pm-3:00pm

This contemporary romantic comedy, based on a global bestseller, follows native New Yorker, Rachel Chu to Singapore to meet her boyfriend's family.

#4230404-01 • Fee: \$3

## Science of the Inquisitive Mind

Moderated by Dr. Robert Dwyer

Tuesday, June 15 • 10:00am-11:00am

Get a deeper understanding of science for the non-scientists. No math, no quizzes, no homework! We have an interactive small group discussion.

In-Person: #4230519-01 • Fee: \$3

Virtual Session: #4230519-04 • Fee: \$3

## Art Journaling With Gwen Jager

Wednesday, June 23 • 1:00pm-2:00pm

Art Journaling is a new form of expressing yourself with various mediums. Be inspired by paint, magazines, stickers, you name it! Get a start on your journal with a demonstration from Gwen Jager. Each page is a new possibility! A journal and supplies are included.

#4230526-01 • Fee: \$10

## ALT: Adults Learning Technology

Tuesday, June 29 • 1:00pm-2:00pm

Sign up for a 30-minute time slot to ask your burning technology questions. Bring your laptop, tablet, or phone. Eileen O'Leary Sorensen, owner of ALT: Adults Learning Technology, will be leading these one-on-one sessions.

Activity	Day	Date	Time	Fee
4230809-05	Tu	Jun 29	10:00am-10:30am	\$3
4230809-06	Tu	Jun 29	10:30am-11:00am	\$3
4230809-07	Tu	Jun 29	11:00am-11:30am	\$3
4230809-08	Tu	Jun 29	11:30am-12:00am	\$3



**LPI**

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# August events & programs

Programs require unvaccinated participants to wear a cloth face covering over their nose and mouth.

**Registration deadline for all classes:** one week prior to the beginning of class unless otherwise noted.

## AUGUST EVENTS

### Campfire & Ghost Stories

Wednesday, August 4 • 4:30pm-6:00pm

Bring your swimsuit and your appetite! We are kicking off summer the right way. Mark Hoffman will perform a variety of piano summer fun songs you can sing along to. Join us for lunch, great entertainment, and a dip in the pool. Lunch includes a chicken wrap, broccoli slaw, chips, and dessert. Registration deadline: May 17.

#4230102-02 • Fee: \$7

### Just Lunch: Bratwursts

Monday, August 2 • Noon-1:00pm

Looking to enjoy good company and a delicious meal? Look no further! Lunch is served by Harp & Fiddle. Each meal comes with chips, drink, and dessert. Stay after for a bags tournament.

#4230304-03 • Fee: \$12

### Bingo & Pizza

Wednesday, August 18 • 12:30pm-2:30pm

B-I-N-G-O! There is no sweeter sound. Visit with friends as you play a few rounds of bingo. Pizza is served.

#4230305-03 • Fee: \$13

### Summer Picnic

Wednesday, August 31 • Noon-2:00pm

Enjoy the summer sun and the sweet taste of lemonade. Socialize with friends and play a variety of lawn games. Lunch includes hot dogs, bratwursts, and pub burgers, Ruffles potato chips, pasta salad, and potato salad.

**Registration deadline: Aug 19.**

#4230301-02 • Fee: \$30



## AUGUST PROGRAMS

### Armchair Travels:

#### *Citizen USA: A 50 State Road Trip*

Monday, August 2 • 1:00pm-2:30pm

Each year, nearly one million people from more than 150 countries become American citizens. Who are these new Americans, and why do they want to live here? Inspired by her husband's desire to become an American, Emmy-winning filmmaker Alexandra Pelosi (HBO's *Journeys with George*) attends naturalization ceremonies across all 50 states and meets brand-new citizens to learn why they chose America as their home. The uplifting, thought-provoking documentary reveals what she discovered. **If you are registered for Just Lunch, the movie is FREE!**

#4230403-03 • Fee: \$3

#### Classic Movie: *Hamilton*

2020, rated PG-13, 160 mins

Friday, August 6 • 1:30pm-3:00pm

The real life of one of America's foremost founding fathers and first Secretary of the Treasury, Alexander Hamilton. Captured live on Broadway from the Richard Rodgers Theater with the original Broadway cast.

#4230402-03 • Fee: \$3

#### New Movie: *The High Note*

2020, rated PG-13, 113 mins

Friday, August 13 • 1:30pm-3:00pm

A superstar singer and her overworked personal assistant are presented with a choice that could alter the course of their respective careers. The film stars Tracee Ellis Ross, Dakota Johnson, and Kelvin Harrison Jr.

#4230401-03 • Fee: \$3



Continued on page 13

# August programs, continued

## Science of the Inquisitive Mind

Moderated by Dr. Robert Dwyer

Tuesday, August 17 •  
10:00am-11:00am

Get a deeper understanding of science for the non-scientists. No math, no quizzes, no homework! We have an interactive small group discussion.

**In-Person: #4230519-03 • Fee: \$3**

**Virtual Session: #4230519-06 • Fee: \$3**



## ALT: Adults Learning Technology

Tuesday, August 17 • 1:00pm-2:00pm

Sign up for a 30-minute time slot to ask your burning technology questions. Bring your laptop, tablet, or phone. Eileen O'Leary Sorensen, owner of ALT: Adults Learning Technology, will be leading these one-on-one sessions.

Activity	Day	Date	Time	Fee
4230809-09	Tu	Aug 17	10:00am-10:30am	\$3
4230809-10	Tu	Aug 17	10:30am-11:00am	\$3
4230809-11	Tu	Aug 17	11:00am-11:30am	\$3
4230809-12	Tu	Aug 17	11:30am-12:00am	\$3



## Centennial Activity Center Office Hours

If you are unable to register online or have a question for the staff, please stop in during our office hours, which are Monday - Friday, 8:30am-4:30pm.

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# Day Trips



Please note for all day trips, you can drive yourself to the location or take a bus provided by the Activity Center. Maps and directions on how to get to the location, where to park, and where to meet will be provided. All trips depart from the CAC.

NOTE: Masks are required for both vaccinated and unvaccinated individuals on the bus. Trips may be adjusted to meet current guidelines.

## CHICAGO DOGS

Rosemont, IL

Thursday, June 24 • 4:30pm-9:30pm

There is nothing like a Chicago Dog! The baseball team that is! Join us at Impact Field for a special Senior Day where you can watch the new Rosemont team. Whether you like your dog Chicago style or mix it up with ketchup, it will be a great day of baseball! **Registration deadline: May 21.**

#4230901-01 • \$48

## SPIRIT OF CHICAGO FIREWORK CRUISE

Chicago, IL

Wednesday, June 30 • 4:30pm-11:00pm

Enjoy dinner, music, dancing, and take in stunning skyline views. Near the end of your cruise, the sky will fill with spectacular displays of color and the thundering sounds of Navy Pier's outstanding fireworks show. You'll have incredible, unobstructed views whether you're cruising on the lake or the river. Trip includes transportation, dinner, and fireworks display. **Registration deadline: Jun 9.**

#4230901-03 • \$170

## INTERNATIONAL MUSEUM OF SURGICAL SCIENCE

Chicago, IL

Thursday, July 8 • 10:00am-5:00pm

Stop for lunch at Happy Campers! Happy Campers adds a festive touch to their meals that is supposed to make everyone "happy"! After filling up on lunch, take part in an interactive tour at the International Museum of Surgical Science. Operated by The International College of Surgeons, the museum features exhibits dealing with various aspects of Eastern and Western medicine. Lunch is included. **Registration deadline: Jun 22.**

#4230901-02 • \$70

## FAIR OAKS FARMS

Fair Oaks, IN

Tuesday, July 13 • 7:00am-5:30pm

Recognized as the #1 agritourism destination in the Midwest, Fair Oaks Farms is the nation's leading agriculture attraction located right in the corn belt of Northwest Indiana. It's a place where you can explore family-owned farms and reconnect with nature, animals and our planet. There is plenty to see from the cow birthing barn, the pork education center, pollinator garden, and farmers gift shop. Savor over a delicious buffet of farm to table fresh food! Lunch buffet included.

**Registration deadline: Jun 25.**

#4230901-05 • \$90

## EVANSTON BEACH DAY

Evanston, IL

Monday, August 9 • 10:00am-3:00pm

Sink your toes in the sand, let the mist from water wash over your face, listen to the birds sing. There is nothing better than a good old fashion beach day! South Boulevard Beach in Evanston is an escape from the hustle and bustle and offers a tranquil spot to enjoy the day. Bring your lawn chair and towel. A box lunch is included. **Registration deadline: Aug 2.**

#4230901-04 • \$30

 = Minimal Walking    = Moderate Walking    = Heavy Walking

# Registration Form

Family Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_

Please check one:  No, this is not a new address  Yes, this is a new address which has changed during the past 6 months.

Primary Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

A.D.A. Statement: Park Ridge Park District intends to comply with the intent and spirit of the Americans With Disabilities Act. If you need special accommodations, please call 847-692-5127 so that we may make the necessary arrangements for you.

Yes, I have special disability needs. Name of Participant \_\_\_\_\_



PARTICIPANT'S FIRST NAME	ACTIVITY #	PROGRAM TITLE	2nd CHOICE (ACTIVITY #)	M/F	DATE OF BIRTH	FEE

NOTE: Program withdrawals are subject to a \$3 administrative fee.

### WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in the programs, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in or being transported during any and all activities connected with and associated with this registration. I recognize and acknowledge that there are certain risks of physical injury as a participant in this program(s), and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in any programs or activities against the Park District and/or the Park Ridge Friends of the Parks, including their respective officers, agents, volunteers and employees. I have read and fully understand the above important information, warning of risk, assumption of risk, waiver and release of all claims. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature. I have read and fully understand this waiver and understand my signature, or my guardian's signature if I'm under 18, is required to take part in Park District programs.

Signature \_\_\_\_\_ Date \_\_\_\_\_

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 Date: \_\_\_\_\_

Method of Payment		Card # _____	Exp Date _____
<input type="radio"/> Cash <input type="radio"/> Check		Name _____	(as it appears on card)
<input type="radio"/> Credit Card		Signature _____	
<input type="radio"/> Gift Card			



## Centennial Activity Center

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