

# May 2026 NEWSLETTER

# ACTIVE SENIORS

champaignparks.org

**FACILITIES CLOSED ON MONDAY, MAY 25**

## Meet your NEW Adult & Senior Program Coordinator



Born in Council Bluffs, Iowa and raised in Garner, North Carolina, Kia Southerland has called Champaign-Urbana home for the last ten years. She attended Judah Christian School and graduated from Champaign Central High School. She studied Management and Recreation, Sport, and Tourism at the University of Illinois- Urbana-Champaign. She loves learning different languages and cultures; hanging out with friends; and watching anime. She is excited to work with and get to know everyone!!

## PHOTO OF THE MONTH!



**Each month, we feature a great senior photo that was taken during the previous month.**

As we hop into May, we wanted to showcase some great seniors that came out for our adult Easter egg hunt event!

## Mother's Day Hatter's Tea

Monday, May 11  
1:00-3:00pm  
Douglass Annex



Break out your favorite fancy hat and pour the tea! Celebrate mothers, grandmothers, and those special female figures in your life with tea and fancy hat making. Your \$5 registration will cover the cost of hat making supplies and all the treats. Bring a friend for extra fun! Register online, at Douglass Annex or Hays Recreation Center.



## ATHLETICO- Home Safety

Thursday, May 14  
2pm  
Douglass Annex



Meet with Athletico Physical Therapist Molly to discuss and learn about home safety. Explore easy home modifications, exercises and stretches to strengthen balance, and new ways to help you stay safe in your home for longer. Treats provided!



CHAMPAIGN  
PARK DISTRICT

Douglass Annex | 804 N Fifth St | 217-819-3926  
Hays Recreation Center | 1311 W Church St | 217-239-1152



## Monthly Meals with Friends

- **Burgers & Frydays - Friday, May 1 (11:30am)**
  - Bunny's @ 119 W Water St, Urbana
- **J.U.L.I.E.T'S - Friday, May 8 (8:30am)**
  - Art Mart @ 1705 S Prospect Ave, Champaign
- **Lunch Bunch- Wednesday, May 13 (11am)**
  - The Original Pancake House: @ 1909 W Springfield Ave, Champaign
- **Birthday Potluck @Douglass Annex**
  - **Monday, May 18 (12pm)**
- **Supper Club - Wednesday, May 20 (4:00pm)**
  - **Smith Burger @ 401 N Broadway Ave, Urbana**
- **Birthday Potluck @Hays Recreation Center**
  - **Thursday, May 28 (12pm)**
- **R.O.M.E.O.S - Friday, May 29 (8:30am)**
  - Perkins @1214 W. University, Urbana

**Sign up for all online or at Hays or Douglass.**  
All **Meals with Friends** attendees are responsible for their own meal costs.



## Camp Young Hearts

**Monday-Friday**  
**June 22-26 9:30am-12:30pm**

Enjoy games, crafting, exercise, and fun with a group of your peers and in air conditioning. You can participate in just one day or all of them!

**Daily Drop-In Rate is \$6, or sign up for the entire camp and only pay \$25.**

## **NEW! Tai Chi**

**Fridays, May 22 - September 11**  
**10:00-11:00am**  
**Douglass Annex**

This course offers a gentle, accessible program using Sun-style Tai Chi designed specifically to help reduce the risk of falling, improve balance and mobility, and relieve symptoms associated with arthritis. The class combines slow, flowing movements, breath work, and balance & body awareness training to support joint health, strength, flexibility, and confidence in daily movement.

The program is evidence-based, safe for people with mild to moderate arthritis or musculoskeletal conditions, and appropriate even for those with limited mobility (movements can be adapted or performed seated).

**PARTICIPANTS MUST REGISTER FOR EACH SESSION.**



## CRAFTS FOR MAY

**5/5:**  
**Cinco de Mayo Piñatas**

**5/12: Rock Painting**

**5/19: Custom  
Umbrellas**

**5/26: Button Art**



# BINGO CARD FOR MAY

Come to programs, get things signed off by staff, earn prizes!

- Four Corners (choice of): Day Pass for Sholem Pool, Martens Center, or LRC
- Bingo (down, across, diagonal - choice of): ROMEOS/JULIETS, VT Passes (movie & concessions)
- BLACKOUT (choice of): Lunch Bunch or Burgers & Frydays Coupon

## MAY BINGO

<p><b>Show a Rec Leader your favorite picture</b></p>	<p><b>3 BINGO Games</b></p>	<p><b>New Game Wednesdays</b></p>	<p><b>Planning Meeting</b></p>	<p><b>Lunch Bunch</b></p>
<p><b>Chair Exercise</b></p>	<p><b>Tech Talks</b></p>	<p><b>Supper Club</b></p>	<p><b>Crafts at Hays</b></p>	<p><b>Attend an Urbana Parks Program</b></p>
<p><b>Visit 3 Parks</b></p>	<p><b>Line Dancing</b></p>		<p><b>Friday Bingo</b></p>	<p><b>Birthday Potluck</b></p>
<p><b>Tell Kia a fact about yourself</b></p>	<p><b>ATHLETICO Home Safety</b></p>	<p><b>Pokeno</b></p>	<p><b>R.O.M.E.Os/ J.U.L.I.E.Ts</b></p>	<p><b>Mother's Day Hatter's Tea</b></p>
<p><b>Bunco</b></p>	<p><b>Crafts at Hays</b></p>	<p><b>Senior Meeting/ Lunch Chat</b></p>	<p><b>Chair Exercise</b></p>	<p><b>Tell Megan 1 Joke</b></p>



# Style Show Planning Meeting

Location: Douglass Annex (804 N. Fifth St Champaign, IL)

If you would like to help plan for and/or participate in The Style Show, please come to the Annex on the dates below for more information pertaining to the show.



**\*ALL MEETINGS WILL BE HELD AT 2PM**

**Friday, May 15**

**Thursday, June 18**

**Friday, July 17**

**Friday, July 31**

**Friday, August 14th**

**Friday, August 28th**

Contact: Kia Southerland- Adult and Senior Programs  
Coordinator ([kia.southerland@champaignparks.org](mailto:kia.southerland@champaignparks.org)) or Megan  
Siegler- Adult and Senior Programs Assistant  
([megan.siegler@champaignparks.org](mailto:megan.siegler@champaignparks.org)) with further inquiries.