

SEPTEMBER 2026 NEWSLETTER

ACTIVE SENIORS

champaignparks.org

FACILITIES CLOSED SEP. 7 FOR LABOR DAY

Note from your Adult & Senior Program Coordinator:

It's my favorite time of year-- fall! Did you know that my name means "seasons beginnings"? There's not a right or wrong time to have new beginnings so let's jump right in and get ready to turn a new leaf! -Kia S"

Announcements

- Chair Yoga is BACK at Martens Center (MC)-- still Tuesdays & Thursdays 9:30-10:30.
- Facilities closed Sept. 7 for Labor Day! See you Tuesday the 8th!
- R.O.M.E.Os will be retired until further notice
- Introducing **Coordinator Hour**! Starting in September, every other Wednesday between 10AM-12PM, come by Kia's office if there are any concerns, questions, or suggestions! Preferably by appointment | Sessions are 30 min. max

Monthly Meals with Friends

- **Burgers & Frydays:** Friday, Sept. 4 at 11:30AM
 - Huber's (1312 W Church St., Champaign, IL)
- **Lunch Bunch:** Wednesday, Sept. 9 at 11:00AM
 - Sunny China Buffet (1703 S Philo Rd., Urbana, IL)
- **J.U.L.I.E.T's:** Friday, Sept. 11 at 8:30AM
 - Lazy Daisy Diner (140 Lincoln Square, Urbana, IL)
- **Supper Club:** Tuesday, Sept. 15 at 4:00PM
 - Chili's (1905 N Prospect Rd., Champaign, IL)

Sign-up at Douglass Annex, Hays Recreation Center, or online!



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Douglass Annex | 804 N Fifth St | 217-398-2572
Hays Recreation Center | 1311 W Church St | 217-239-1152

Tech Talk: Getting to Know Your Phone (9/10)

9/10; 10/08; 11/12; 12/10 | 2:00-3:00PM

Douglass Annex

On the second Thursday of each month, Tech Talk will feature a new theme with a focused lesson or discussion on topics such as understanding your smartphone, navigating email, online safety, apps, and artificial intelligence. This first session, we will review the basics of using your Android or iPhone with confidence. This beginner-friendly class will cover essential phone features, settings, apps, texting, calling, internet access, and helpful tips for keeping your device safe and organized. Participants will have hands-on opportunities to practice using their own phones and ask questions.

Limited Availability; sign-up at Douglass Annex or Hays Recreation Center!

Crafts for September

Sept. 1: Mini latch hook animals

Sept. 8: Styrofoam & Fabric pumpkins

Sept. 15: Leather cardholder

Sept. 22: Pinecone flower painting

Sept. 29: Autumn Jewelry Making

Senior Style Show 9/20

Sunday, Sep. 20 3:00PM-6:00PM

Douglass Community Center

It's almost time for the Annual Senior Style Show! Tickets must be purchased in advance. Tickets will be sold from August 10-September 11. Tickets can be purchased at Douglass Annex, Martens Center, and Hays Recreation Center.

Fee: \$20 | Doors open at 2:30PM

Sign-up at Douglass Annex, Hays Recreation Center, Martens Center, or online!

Arthur Trip (9/23)

Wednesday, Sep. 23 8:30AM-4:30PM

It's finally fall! Come celebrate the change in season with a trip to Arthur, IL. Spend the day enjoying seasonal attractions, such as the Great Pumpkin Patch, and browsing some local shops. We'll grab a bite to eat at a local restaurant to wrap up a great autumn day.

Fee: \$10

Sign-up at Douglass Annex, Hays Recreation Center, or online!



BINGO CARD FOR SEPTEMBER

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

SEPTEMBER BINGO

Show a Rec Leader your favorite picture	Burgers & Frydays	See a show at VT	Planning Meeting	Lunch Bunch
Chair Yoga	Tech Talks	Supper Club	Movie Monday	Attend an Urbana Parks Program
Visit 3 Parks	Line Dancing		Friday Bingo	Birthday Potluck
Tell Kia a fact about yourself	Arthur Trip	Pokeno	R.O.M.E.Os/ J.U.L.I.E.Ts	Style Show
Lunch Chat	Crafts at Hays	Senior Meeting	Chair Exercise	Tell Megan 1 Joke



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