

## The Labyrinth: Center of Self

Experience relief from the stressors of daily life and solve problems using this relaxing, meditative technique. In this introductory session, participants are invited to gather around the sacred geometry of the Labyrinth to experience the centuries-old spiritual practice of walking it as a mode of guided meditation, gaining peace, and engaging mystery for personal and spiritual renewal. A finger or lap labyrinth is a labyrinth design, carved in wood, that you trace with your finger. It functions in much the same way as a full-size walking labyrinth. To further relaxation, meditation and prayer, the user traces the path to the center using their finger rather than their feet. For many, this combination of movement with introspection (eyes closed), is a more relaxing way to meditate or pray.

**Location: Westfield Room 306**

**Instructor: John Robertson**

**MIN/MAX: 6/15**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:00-9:00P	8/1	\$30/30	403601-A1

## Pine and Wine New!

Great for a Girls Night Out! Join us for an inspirational night painting your very own wood home decoration with vinyl lettering. Each participant is supplied with everything needed to create their own masterpiece! Different design options are available. Bring an apron or old T-shirt as paints can stain. Snacks and glasses also supplied. Participants bring the wine and friends. Use code A2 if you would like to create more than one sign.

**Location: Museum**

**Instructor: Christy, Life Expressions Decor**

**MIN/MAX: 5/20**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	F	6:00-9:00P	6/29	\$35/35	403616-A1

### Additional Sign

Adult	F	6:00-9:00P	6/29	\$28/28	403616-A2
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## Struggling to Lose Weight? New!

Do you eat healthy, exercise regularly, take all the recommended supplements and follow all the advice out there and STILL struggle with losing weight? If so, it may be time for you to learn about metabolic chaos and how it relates to you. Learn what tools and tests you can do to gain awareness of your own body and discover what your own version of metabolic chaos is. Discovering the real reason that you're struggling to lose weight is your first step toward success!

**Location: Westfield Room 306**

**Instructor: Roula Marinos Papamihail**

**MIN/MAX: 6/12**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	8:00-2:00P	8/6	\$50/50	403618-A1



### Bridge Club

Monday, 6-8:00PM

Cody/Hills Room(s)

172 S. Circle Ave., Bloomington



## Gluten Free... Is it right for me?

Gluten free, is it healthy or not? If you're confused with all the gluten-free hype, come learn the pros AND cons of going gluten free and decide if its right for you. Learn about gluten-free ingredients and experiment with them as baking alternatives. Gluten-free goodies demonstrated in class include brownies, pancakes and cupcakes. This is a demo class, so come hungry!

**Location: Westfield Kitchen**

**Instructor: Roula Marinos Papamihail**

**MIN/MAX: 6/12**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	6:00-8:00P	6/18	\$50/50	403617-A1

## Hanging Globe Terrarium

Get in on the latest craze and create your own stunning terrarium! You don't have to have a green thumb, as instructors walk participants through every step. Each participant is given a 6" hanging globe, live plants and decorations to make it their own. These unique planters look amazing anywhere in your home or office.

**Location: Westfield Room 306**

**Instructor: Christine, Thirsty Gardener**

**MIN/MAX: 5/10**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sa	7:00-9:00P	6/16	\$37/37	403619-A1



**P.A.A.R.C. (Purely Active Adult Recreation Club)**

Looking for something to do this summer? Drop in at the BPD Museum (unless otherwise noted) every Friday beginning May 25th for a FREE activity or event. Try a new activity, socialize or maybe just relax. Cards and games are always available along with refreshments. No registration is required (unless specified).

Transportation is available on a limited basis. Contact Nicole at least one week in advance to schedule a pick-up. Nicole can be reached at nicole@bloomingdaleparks.org or 630-529-3650.

**Location:** Museum

**Age:** 55+

**Days:** Friday

**Time:** 10AM-Noon

**Dates:** May 25 - August 17

**May 25 – Arts & Crafts Day**

Supplies are provided for participants to design a summertime-themed craft.

**June 1 – Coffee and Chat**

Join your PAARC friends on the first Friday of every month to catch up and enjoy a cup of coffee.

**June 8 – Brain Teaser Day**

Join us to test your skills at crossword puzzles, word searches and more!

**June 15 – Social and Movie Day**

Devour our FREE popcorn and soda while watching our featured Friday film. Contact Nicole for movie title.

**June 22 – Arts & Crafts Day\***

Supplies are provided for participants to design a 4th of July themed craft.

**June 29 – Lunch Bunch\***

FREE food to celebrate July 4th! Join a terrific bunch of people for a patriotic lunch. Celebration is 11 a.m. to 1 p.m. Pre-registration is required for this event. Contact Nicole to register.

**July 6 – Bloomingdale Rocks\***

Join in the Bloomingdale Rocks painting fun. Contact Nicole for more information.

**July 13 – Coffee and Chat\***

Join your PAARC friends on the first Friday of every month to catch up and enjoy a cup of coffee.

**July 20 – Bingo Day\***

Four corners or cover all? Choose your favorite style and take turns being the bingo caller for a PAARC bingo day.

**July 27 – Coloring for Adults**

Be a kid again and join in on the new craze of adult coloring.

**August 3 – Social and Movie Day**

Devour our FREE popcorn and soda while watching our featured Friday film. Contact Nicole for movie title.

**August 10 – Coffee and Chat**

Join your PAARC friends on the first Friday of every month to catch up and enjoy a cup of coffee.

**August 17 – Social and Movie Day**

Devour our FREE popcorn and soda while watching our featured Friday film. Contact Nicole for movie title.

\* At Bloomingdale Fire Department, 179 S. Bloomingdale Road



Due to the JRC renovation this summer, PAARC will be located at the BPD Museum, 108 S. Bloomingdale Road.

## 50+ Gourmet Supper Club

Mark your calendar! Save the second Wednesday of each month for Chef Pina's 50+ Gourmet Supper Club. These are nights for active adults to look forward to and remember. Have fun and meet new friends as you talk and help prepare supper. Then eat a wonderful, gourmet meal. Bring containers as you may have leftovers to take home. Space is limited, so register early. Couples, register together using the B codes and save \$9.

**Location: Westfield Kitchen**

**Instructor: Chef Pina**

**MIN/MAX: 8/15**

Age	Day	Time	Date	R/NR Fee	Code #
<b>Individuals</b>					
Adult	W	4:30-7:30P	6/13	\$42/42	403639-A1
Adult	W	4:30-7:30P	7/11	\$42/42	403639-A2
Adult	W	4:30-7:30P	8/8	\$42/42	403639-A3
<b>Couples</b>					
Adult	W	4:30-7:30P	6/13	\$75/75	403639-B1
Adult	W	4:30-7:30P	7/11	\$75/75	403639-B2
Adult	W	4:30-7:30P	8/8	\$75/75	403639-B3

## Greek Cuisine Nights

Spread over two nights, participants enter the exciting world of Greek cooking. Create a wonderful Greek salad and appetizer, followed by moussaka, pastitsio, individual Greek pita pizzas, roasted octopus, calamari, special Greek-style kabobs, lentil Greek-style soup, Greek cookies, and much more.

**Location: Westfield Kitchen**

**Instructor: Chef Pina**

**MIN/MAX: 8/20**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:00-9:00P	6/20-6/27	\$84/84	403638-A1



## Italian Cooking Classes

Fall in love with preparing and eating Italian cuisine. In the introduction course, participants start with an appetizer. Make original bruschetta while learning its history. Participants prepare fresh liver pate, Pina's famous stuffed meatballs with pasta and fresh sauce, a lovely salad, and Pina's country bread. Finish with a beautiful tiramisu. Subsequent classes prepare multi-course meals specific to a topic or region. Register for all four classes and save \$20!

**Location: Westfield Kitchen**

**Instructor: Chef Pina**

**MIN/MAX: 8/20**

Age	Day	Time	Date	R/NR Fee	Code #
<b>Introduction</b>					
Adult	W	6:00-9:00P	6/6	\$42/42	403655-B1
<b>Solely Mediterranean</b>					
Adult	W	6:00-9:00P	7/18	\$42/42	403655-B2
<b>Only Italian Seafood</b>					
Adult	W	6:00-9:00P	7/25	\$42/42	403655-B3
<b>From Tuscany to You</b>					
Adult	W	6:00-9:00P	8/1	\$42/42	403655-B4
<b>All Four Classes</b>					
Adult	W	6:00-9:00P	6/6-8/1*	\$148/148	403655-B5

\*NO CLASS 6/13, 6/20, 6/27, 7/4, 7/11

## Chef Pina's Cooking Classes



Participants see, smell, taste, ask questions about, and learn the background of food. Whichever one-night cooking session you choose, you will enjoy a wonderful meal that you won't forget. Bring a container for leftovers. Fresh Bread Saturday on 6/23 is a partner program with Bloomingdale Rocks (#402626-A1).

**Location: Westfield Kitchen**

**Instructor: Chef Pina**

**MIN/MAX: 8/20**

Age	Day	Time	Date	R/NR Fee	Code #
<b>Not Just Soup</b>					
Adult	F	6:00-9:00P	6/1	\$42/42	403662-A1
<b>The World's Poultry</b>					
Adult	F	6:00-9:00P	6/8	\$42/42	403662-A2
<b>Old/New World Pizza</b>					
Adult	F	6:00-9:00P	6/15	\$42/42	403662-A3
<b>Fresh Bread Friday</b>					
Adult	F	5:00-9:00P	6/22	\$67/67	403662-A4
<b>Fresh Bread Saturday</b>					
Adult	Sa	10:00-2:00P	6/23	\$67/67	403662-A5
<b>Comforting Stews</b>					
Adult	F	6:00-9:00P	6/29	\$52/52	403662-A6
<b>Post-Holiday Salads</b>					
Adult	F	6:00-9:00P	7/6	\$42/42	403662-A7
<b>4 the Love of Sauce</b>					
Adult	F	6:00-9:00P	7/13	\$47/47	403662-A8
<b>Parent/Child Class</b>					
Adult	F	6:00-9:00P	7/20	\$42/42	403662-A9
<b>Brunch to Impress</b>					
Adult	F	6:00-9:00P	7/27	\$42/42	403662-C1
<b>Cookies of Italy/USA</b>					
Adult	F	6:00-9:00P	8/3	\$42/42	403662-C2
<b>A Seafood Experience</b>					
Adult	F	6:00-9:00P	8/10	\$62/62	403662-C3

**Sand Art Terrarium**

You are never too old to play in the sand! This parent/grandparent and child class teaches participants how to create their own terrarium using different colors of sand. Each participant receives a 6" bubble vase, live plants, different colors of sand to choose from, as well as decorations to put on top. Spend quality time making memories and a work of art to show off and display. Fee includes one parent/grandparent and one child. One additional child may be added per adult for an additional fee of \$18. Use code A2.

**Location: Westfield Room 306**  
**Instructor: Christine, Thirsty Gardner**      **MIN/MAX: 6/10**

Age	Day	Time	Date	R/NR Fee	Code #
6-12	Sa	1:00-3:00P	8/4	\$55/55	402617-A1
<b>Additional Child</b>					
6-12	Sa	1:00-3:00P	8/4	\$18/18	402617-A2

**Making College Affordable** New! FREE! 😊

This unique workshop covers little known strategies not covered in regular college planning workshops. Don't miss the opportunity to learn new strategies available to families for planning, saving, or paying for college – strategies that can save you thousands of dollars while finding the best fit for your child. Class includes new material about important changes that may soon be coming in higher education. Both parents are encouraged to attend this FREE, 60-minute seminar presented by My College Planning Team.

**Location: Westfield Room 306**  
**Instructor: My College Planning Team**      **MIN/MAX: 5/25**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	7:00-8:30P	6/21	\$0/0	403643-A1

**Vacationers French** 😊 🤝

Are you planning a trip to France? Want to learn the basics of the language to get you around? This is the class for you! We will stick to only that which you need to know for your vacation! Bonjour!

**Location: Westfield Room 306**  
**Instructor: Christine S.**      **MIN/MAX: 5/14**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	4:45-5:45P	6/12-7/17*	\$156/166	403680-A1

\*NO CLASS 7/3

# Garden Club Spring Sale

**May 4, 9AM-6PM**  
**May 5, 9AM-3PM**

**@ Springfield Park Maintenance  
Garage**

Featuring:

- Nursery-grown annuals
- Hanging baskets
- Geraniums
- Grasses
- Perennials from members' gardens
- Master Gardener Help Desk
- Herbs, vegetables, accent plants and perennials

**Visit [www.bloominglegardenclub.org](http://www.bloominglegardenclub.org) or contact [bloominglegardenclub@gmail.com](mailto:bloominglegardenclub@gmail.com) for more information. Visitors are always welcome.**

**50 Secrets of Longevity**

There are places in the world where, all along, people have commonly lived to 100 or more without suffering so much as a headache. How do they do it? The answer is simple: through sound dietary habits and balanced, healthy lifestyles. This program summarizes the nutrition and lifestyles of the world's five most remarkable longevity hotspots. Instructor John Robertson is a high level martial arts and healthy living instructor. He is also a reflexologist, healer, and ordained minister.

**Location: Westfield Room 306**  
**Instructor: John Robertson**      **MIN/MAX: 6/25**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:30-8:30P	6/6	\$15/15	403644-A1

**Bloominglegardenclub Horizon**

The Bloominglegardenclub Park District partners with Bloominglegardenclub Horizon, an independent senior living community, to offer activities for seniors. Bloominglegardenclub Horizon is located at 160 W. Lake Street in Bloominglegardenclub (across from Bloominglegardenclub Bank and Trust). All are welcome! For more information, contact Ellen at (630) 307-8007.



**Bingo**

Thursdays

1-4PM in the Multi Purpose Room

Bingo cards are \$1 each



**Grandparent Gardening Day**

Bring your grandparents out for a nature adventure! Participants play games, go on a scavenger hunt, and create a mini garden to take home. Pizzo & Associates join the group for a tour of the Springfield Park Wetlands, currently undergoing a restoration. Fee is per child. Grandparents are free. Registration deadline is July 1.

**Location: Springfield Pavilion**

**Instructor: Staff**

**MIN/MAX: 8/12**

Age	Day	Time	Date	R/NR Fee	Code #
5-12	Sa	10:45-12:45P	7/14	\$18/23	403600-A1



**Learn to Play Bridge** 😊

Have fun joining other beginners in learning what is considered by some to be the greatest card game of all, and one that can provide immense challenge and enjoyment for the rest of your life. This six-week class is for people who have never played bridge before or played a long time ago and want to come back to the game. It will also be helpful for people who play bridge and would like to refresh and refine their bidding and play-of-hand skills. Standard American Yellow Card (SAYC) bidding system will be used in this class. A \$15 book fee is included in the registration cost. Darina Demirev has been an American Contract Bridge League Accredited Teacher since 2004. Book fee is included in registration costs.

**Location: Westfield Room 306**

**Instructor: Darina**

**MIN/MAX: 8/20**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	6:00-8:00P	6/12-7/17	\$105/105	403663-A1

**See page 3 for registration locations and hours.**

**Monday Funday Trips**

Let's shop til we drop! Trip includes travel only. Lunch is on your own. Pick-up and drop-off is at Westfield Middle School, 149 Fairfield Way in Bloomingdale. Registration deadline is one week before each trip.

**Location: Westfield School**

**Instructor: Staff**

**MIN/MAX: 4/12**

Age	Day	Time	Date	R/NR Fee	Code #
Aurora Outlet Mall					
Adult	M	10:00-4:00P	6/4	\$11/16	403224-A1
Woodfield Mall					
Adult	M	10:00-4:00P	7/2	\$11/16	403224-B1
Oak Brook Mall					
Adult	M	10:00-4:00P	8/6	\$11/16	403224-C1

**White Sox Trip**

Baseball, Bingo, and a Buffet! Come to U.S. Cellular Field as the Chicago White Sox take on the Baltimore Orioles. Your registration includes transportation, parking, a full buffet with drinks (alcoholic and non-alcoholic) included, bingo for all ages and a game ticket to enjoy a day at the ballpark. No parking, no tolls, no mess. Simply sit back, relax and enjoy the trip. Tickets are non-refundable. Pick-up is at the Clauss Rec Center. Registration deadline is May 9.

**Location: Roselle Park District**

**Instructor: Staff**

**MIN/MAX: 2/5**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	10:45-6:00P	5/24	\$60/65	403279-A1

**Chicago Cubs Trip**

Head down to Wrigley Field as the Chicago Cubs take on the San Francisco Giants. Registration includes transportation and a game ticket. No parking, no tolls, no mess. Simply sit back and enjoy the trip. Lunch is on your own. Tickets are non-refundable. Trip departs and returns from Westfield Middle School, 149 Fairfield Way in Bloomingdale. Registration deadline is May 11.

**Location: Westfield School**

**Instructor: Staff**

**MIN/MAX: 14/14**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	F	10:00-5:30P	5/25	\$45/50	403276-A1

