

Secrets of Chinese Health Ball **New!**

Discover the secrets of Chinese Health Balls; an exercise system that has been in use for 2,000 years. They can improve strength flexibility, dexterity and circulation in fingers, hands, and wrists. They can relieve joint stiffness and soreness, relax muscles and joints. Their use can reduce the risk of carpal tunnel syndrome, tendonitis, repetitive strain injury, rheumatism and arthritis. They are deeply relaxing, can help reduce stress, improve overall health, stimulate the mind and reduce your risk of cognitive decline, dementia and Alzheimer's.

Location: Community Room
Instructor: John

MIN/MAX: 8/25

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	12:30-3:00P	7/26	\$30/30	403607-A1

Save For College Education **FREE!**

College tuition increases every year, leaving many families wondering how they will afford it. A representative from College Illinois! 529 Prepaid Tuition Plan explains how parents can keep college tuition affordable by purchasing semesters of college now at today's rates to avoid future tuition increases. Instructor Tonya Polk is currently the manager of marketing and sales with College Illinois!/Illinois Student Assistance Commission.

Location: Community Room
Instructor: Tonya

MIN/MAX: 3/25

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:00-7:00P	6/14	\$0/0	403603-A1

Viva les Vines! **New!**

Join a University of Illinois Extension Master Gardener for one of their most popular speaker bureaus, Viva les Vines! Learn how to maximize your garden space by growing up. Learn all about vines, the support structures they need and some of the best perennial and annual vines for our growing area.

Location: Community Room
Instructor: Master Gardener Nancy Bell

MIN/MAX: 5/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sa	10:00-11:00A	7/22	\$26/26	403604-A1

Tooth Wisdom **New!**

Become informed about dental health issues affecting adults 50+. There will be time for a 1-one-1, question-and-answer period to address your specific needs. Participants also receive links to affordable dental care in DuPage County. Receive a free oral healthcare kit. Presented jointly by the DuPage County Health Department and Oral Health America.

Location: Community Room
Instructor: DuPage County Health Dept

MIN/MAX: 2/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	10:00-11:00A	6/6	\$0/0	403605-A1
Adult	Tu	6:30-7:30P	7/25	\$0/0	403605-A2

Laugh Out Loud Improv **New!** 😊

Always wanted to try comedy? Join Chicago Comedy Company and Laugh Out Loud entertainment! Actors, doctors, baristas and even pirates take these classes. No previous experience is required. Learn to think in the moment. Improve your social skills. Get more comfortable being on stage or doing public speaking. Do things you never thought you could do. Find maps to lost treasure in the high seas of Bloomingdale. Most importantly, have a great time!

Location: Community Room
Instructor: Laugh Out Loud

MIN/MAX: 6/14

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:00-8:30P	6/21-8/9	\$250/250	403615-A1

Sewing 101

Learn to sew on your own machine. Create useful and attractive pockets and straps to a beach towel. Participants also construct a window screen tote bag and decorate flip flops!

Location: Cody-Hills
Instructor: Peg

MIN/MAX: 2/5

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Su	1:00-3:00P	7/9-8/13	\$264/264	403606-A1



Wine and Canvas Painting 😊

Great for a girls night out! Each participant is supplied with everything needed to create an acrylic, summer-themed painting on canvas. Bring an apron or old T-shirt as paints can stain. Step-by-step instructions are provided. To see the actual painting, email kbiggott1962@sbcglobal.net. Snacks and glasses also are supplied. You bring the wine and friends. With an associate's degree in art, instructor Kellie Biggot has been in the graphic arts business for over 25 years, and has been instructing step-by-step acrylic paintings at parties for nearly two years.

Location: Museum
Instructor: Kellie Biggot **MIN/MAX: 8/20**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	F	6:00-9:00P	6/16	\$50/50	403616-A1



College Planning 101

Do you have a high school student who will one day face college testing, visits and applications? Jill Kirby, an IECA-certified professional college consultant, lets you in on the 12 strengths and experiences colleges are looking for in their applicants. She also introduces a number of ways to help fund the journey. Bring along your freshman, sophomore, junior, or senior for free. Jill has also taught courses in business administration, business communications, and professional speaking at Roosevelt University, College of Lake County and Illinois Central College for the past 15 years and is principal of Kirby College Consulting.

Location: Community Room
Instructor: Jill **MIN/MAX: 5/25**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	7:00-8:30P	7/10	\$65/65	403632-A1
Adult	M	7:00-8:30P	8/7	\$65/65	403632-A2

Church St. Beer Tasting & Tour

Crush the mid-week blahs and visit Church Street Brewery, home of Heavenly Helles, voted best lager in Chicago (Chicago Magazine), for a guided tour of the brewing facility and a tasting of three beers, followed by a glass of your favorite choice beer. Program is held at Church St., 1480 Industrial Drive, Unit C, in Itasca.

Location: Church St. Brewery
Instructor: Lisa **MIN/MAX: 10/50**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:00-8:00P	7/12	\$12/12	403635-A1

CPR/AED

This American Heart Association Heartsaver CPR/AED course is a classroom, instructor-led program to prepare students how to provide CPR and use an automated external defibrillator (AED) in a safe, timely, and effective manner. Upon successful completion of the course, including a CPR and AED skills test, students receive a Heartsaver CPR/AED course completion card that is valid for two years. Students should arrive 15 minutes early for registration as the class starts on time.

Location: Community Room
Instructor: Gayle **MIN/MAX: 4/20**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sa	3:00-6:00P	6/3	\$72/72	403617-A1
Adult	Sa	8:00-11:00A	6/10	\$72/72	403617-A2

First Aid & CPR/AED

In addition to the American Heart Association Heartsaver course for adult, child, and infant CPR/AED, this class covers first aid responsibilities and kits, Good Samaritan laws, scene safety, protecting yourself and the victim, chain of survival, calling 911, what to do after the emergency is over, asthma and inhaler use, choking and performing the Heimlich maneuver, allergic reactions and epinephrine pens, heart attacks and chest pain, fainting, diabetics with low blood sugar, strokes and seizures, bandaging and tourniquets, amputations, eye injuries, burns, electrical injuries and electrocution, dehydration, heat exhaustion, heat stroke, cold weather emergencies, poisoning, chemicals, hazardous materials and shock. It also covers head, neck, back and spinal cord injuries, as well as animal, snake, spider, and tick bites. Arrive 15 minutes early for registration as the class starts on time. Bring a sack lunch.

Location: Goodwin-Sedgwick Rm.
Instructor: Gayle **MIN/MAX: 4/20**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sa	8:00-2:00P	6/17	\$93/93	403618-A1

Pediatric First Aid & CPR/AED 😊

The American Heart Association HeartSaver Pediatric First Aid and CPR/AED Course is designed to teach babysitters how to handle emergencies with confidence. The class teaches participants to respond and manage illness and injuries in a child or infant in the first few minutes until professional help arrives. The course covers the steps of pediatric first aid, child/infant CPR/AED, adult CPR/AED, and choking.

Location: Community Room
Instructor: Gayle **MIN/MAX: 8/24**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sa	8:00-2:00P	6/3	\$78/88	402924-A1
Adult	Sa	12:00-6:00P	6/10	\$78/88	402924-B1

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

Looking for something to do this summer? Drop in at the Johnston Recreation Center every Friday beginning June 2 for a FREE activity or event. Try a new activity, socialize or maybe just relax. Cards and games will be available along with refreshments. No registration is required (except for Lunch Bunch June 30).

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 630-339-3572.

Location: Johnston Recreation Center

FREE!

Age: Adult

Days: Friday

Time: 10AM-Noon

Dates: June 2 - August 25

June 2 – National Donut Day

Partake in a delectable spread of perfect pastries to celebrate National Donut Day! Assorted dunking options (coffee, milk, etc.) will also be available.

June 9 – Bridge Day

Challenge your friends and yourself in the classic game of Bridge. Bring a partner or team up with someone new to strategize your way to victory. Create your own Bridge mix to munch on while you play!

June 16 – National Flip Flop Day

Take a break from the summer heat, sip on our iced tea and let the dogs breathe on National Flip Flop Day. For the crafty ones, decorate a pair of our FREE flip flops and take them home!

June 23 – Social and Movie Day

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

June 30 – Lunch Bunch (11AM-1PM)

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

July 7 – Chair Yoga and Blood Pressure Check

Chair yoga can increase muscle strength, helps you maintain a balanced metabolism, and improves circulatory health all from the comfort of your chair! In addition, we'll have professional health representatives on hand to do blood pressure checks.

July 14 – Live Entertainer

Visit www.bloomingdaleparks.org or contact Nicole for information on this FREE PAARC Friday event.

July 21 – Trail Talk

Put your walking shoes on and enjoy a scenic stroll around Circle and Westlake parks (approx. 1.7 miles.) A special guest will join us to talk about interesting historical Bloomingdale facts. Meet at the Homola Picnic Shelter in Circle Park. Enjoy FREE refreshments after the walk.

July 28 – Arts & Crafts Day

Supplies will be provided for participants to make their own summertime craft.

August 4 – National Chocolate Chip Cookie Day

Taste test various types of your favorite chocolate chip cookies in honor of National Chocolate Chip Cookie Day!

August 11 – Hand Massages and Manicures

Did you know a hand massage can improve finger and wrist range of motion, enhance circulation and reduce trigger points in your hand muscles? Relax and treat yourself to a FREE hand massage and/or manicure.

August 18 – Social and Movie Day

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

August 25 – National Banana Split Day

Banana. Check. Scoops of vanilla, chocolate and strawberry ice cream. Check. Fresh strawberries. Check. Whipped cream. Check. Pineapple chunks. Check. We'll have all those ingredients and more to make the best banana splits ever!

Basic Life Support



The American Heart Association's Basic Life Support course, provides the foundation for saving lives from cardiac arrest. It teaches both single-rescuer and team basic life support skills for application in both pre-hospital and in-facility environments, with a focus on high-quality CPR and team dynamics. Students should arrive 15 minutes early for registration as the class starts on time.

Location: Community Room

Instructor: Gayle

MIN/MAX: 4/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sa	3:00-7:00P	6/17	\$85/85	403619-A1

Walking Book Club

Get your workout in while having a book discussion. Discussions start during stretches and continue as you walk around Circle Park. The club meets at the Homola Picnic Shelter in Circle Park. First book for discussion is given upon registration. Books are provided by the Bloomingdale Public Library. Please bring a water bottle. Books can be picked up at the park district or you may bring your own book. This is a partner program with Art Club (Code #402700). June's book is "The Shadow of the Wind" by Carlos Ruiz Zafon.

Location: Circle Park

Instructor: Erin

MIN/MAX: 3/10

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sa	9:00-10:30A	6/17	\$0/0	403679-A1
Adult	Sa	9:00-10:30A	7/15	\$0/0	403679-B1
Adult	Sa	9:00-10:30A	8/19	\$0/0	403679-C1
Adult	Sa	9:00-10:30A	9/9	\$0/0	403679-D1

How to Master Public Speaking



Gain the self-confidence you need to be an excellent speaker. Novices and experienced presenters alike learn by doing in this non-intimidating, interactive course. Participants learn the basic tools for public speaking: analyzing your audience, overcoming stage fright, organizing your speech for the most impact, and incorporating the effective use of visual aids. Also covered are clear message delivery, nonverbal communication, and preparing for questions from an audience. Over the past 15 years, instructor Jill Kirby has taught courses in business administration, business communications, and professional speaking at Roosevelt University, College of Lake County and Illinois Central College.

Location: Community Room

Instructor: Jill

MIN/MAX: 2/25

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	7:00-8:30P	8/21-8/28	\$110/110	403631-A2

From Our Residents

It (How to Master Public Speaking) has really helped me have more confidence, and understanding of giving public speeches. I've learned so much as well as all the practices were so beneficial. Jill Kirby, our instructor, and my classmates were wonderful! Looking forward to seeing them again!

- Lori K.

Bloomington Horizon

The Bloomington Park District partners with Bloomington Horizon, an independent senior living community, to offer activities for seniors. Bloomington Horizon is located at 160W. Lake Street in Bloomington (across from Bloomington 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

Gentle Technology Guidance

Gentle Technology Guidance specializes in teaching those who are unfamiliar with technology and making it fun. Intro to Social Media covers popular social media sites: Facebook, Google+, Twitter, LinkedIn, Snapchat, Instagram, Tumblr, Pinterest, and YouTube – and what they represent. In Photoshop, participants learn how to perform basic modifications and tweaks of photos. Students should come prepared to work on photos on their laptops. Bring a flash drive with pictures to use during class. Over the course of six weeks in Beginner iPad, participants learn how to use the basic functions of the iPad and how to keep data backed up. Educated at Boston and Purdue universities, instructor Rita Kuzmenko specializes in teaching active adults through Gentle Technology Guidance. She is also an adjunct instructor at the College of DuPage.

Location: Community Room

Instructor: Rita

MIN/MAX: 4/20

Age	Day	Time	Date	R/NR Fee	Code #
Intro to Social Media					
Adult	Sa	4:15-5:15P	6/17-6/24	\$36/36	403636-B1
Photoshop					
Adult	Sa	6:45-7:45P	7/8-7/15	\$36/36	403636-B2
Beginner iPad					
Adult	Sa	5:30-6:30P	7/22-8/26	\$108/108	403636-B3

Learn to Draw 1 😊

Have you always wanted to draw? Need a refresher on art fundamentals? Learn to Draw 1 is a four-part course designed by artist Kathy Steere for adults who haven't drawn since grade school. You will learn about lines, shading, shadows, and one-point perspective. All supplies are included. After learning the fundamentals of Learn to Draw 1, you can apply them using actual art supplies. Explore composition, how to transfer lines to good paper, and how to use value, shading, and shadows to make your drawing really pop off the page. A supply list for Learn to Draw 2 is available at the JRC Front Desk and online at bloomingtonparks.org. Ms. Steere teaches art classes at Morton Arboretum and local libraries, galleries and park districts.

Location: Community Room

Instructor: Kathy

MIN/MAX: 6/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	6:00-8:00P	6/13-7/11*	\$80/80	403637-A1

*NO CLASS 7/4

The History of Coca Cola New! **Fee: \$5**
May 20, 2-3PM **Code: 403696-A1**

A longtime employee of the Coca Cola Company will delight the audience as he explains the origin of the original 1886 formula, and follows the product through the years until it became an international sensation. Sip a complimentary cold coke while you listen to this fascinating story. This presentation is given by Dick Volker and is for ages 7 to adult. Pre-registration is required.

About Chef Pina

Trained in Italy and Belgium, Chef Giuseppa (Pina) Crisopulli offers 25 years of cooking and instruction experience to transport you through the rich history of food in a non-intimidating, fun, and simple way. She is the previous owner of Pina's Culinary Experience and is the recipient of the College of DuPage's Best Teacher Award. For each class, wear comfortable shoes, come hungry and bring a container for leftovers.

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: JRC Kitchen
Instructor: Chef Pina

MIN/MAX: 8/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:00-9:00P	6/21-6/28	\$140/140	403638-A1

50+ Gourmet Supper Club

Mark your calendar! Save the second Wednesday of each month for Chef Pina's 50+ Gourmet Supper Club. There will be nights for active adults to look forward to and remember. Have fun and meet new friends as you talk and help prepare. Then eat a wonderful, gourmet meal.

Location: JRC Kitchen
Instructor: Chef Pina

MIN/MAX: 8/15

Age	Day	Time	Date	R/NR Fee	Code #
Individuals					
Adult	W	4:30-7:30P	6/14	\$42/42	403639-A1
Adult	W	4:30-7:30P	7/12	\$42/42	403639-A2
Adult	W	4:30-7:30P	8/9	\$42/42	403639-A3
Couples					
Adult	W	4:30-7:30P	6/14	\$75/75	403639-B1
Adult	W	4:30-7:30P	7/12	\$75/75	403639-B2
Adult	W	4:30-7:30P	8/9	\$75/75	403639-B3

French & Spanish Gourmet

Delve into the heart of Spain in Week 1. Learn to create the most delicious paella, a mixed olive salad, prosciutto pate, shrimp fritters, and a sweet bread specialty from Spain. Then travel, in Weeks 2-4, from Normandy down to the French Riviera making foods such as coq au vin, stuffed veal napoleon, fish/seafood stew, French onion soup, and madeleines.

Location: JRC Kitchen
Instructor: Chef Pina

MIN/MAX: 8/20

Age	Day	Time	Date	R/NR Fee	Code #
Heart of Spain					
Adult	W	6:00-9:00P	6/7	\$70/70	403654-A1
Normandy					
Adult	W	6:00-9:00P	7/5	\$70/70	403654-A2
Mid France					
Adult	W	6:00-9:00P	7/19	\$70/70	403654-A3
Provence					
Adult	W	6:00-9:00P	7/26	\$70/70	403654-A4
All Four Classes					
Adult	W	6:00-9:00P	6/7-7/26*	\$260/260	403654-A5

*NO CLASS 6/14, 6/21, 6/28, 7/12

Italian Cooking Classes

In the introduction course, participants start with an appetizer. Learn the history of and make original bruschetta. You'll 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.

Location: JRC Kitchen
Instructor: Chef Pina

MIN/MAX: 8/20

Age	Day	Time	Date	R/NR Fee	Code #
Introduction					
Adult	W	6:00-9:00P	8/2	\$70/70	403655-B1
Solely Mediterranean					
Adult	W	6:00-9:00P	8/16	\$70/70	403655-B2
Only Italian Seafood					
Adult	W	6:00-9:00P	8/23	\$70/70	403655-B3
From Tuscany to You					
Adult	W	6:00-9:00P	8/30	\$70/70	403655-B4
All Four Classes					
Adult	W	6:00-9:00P	8/2-8/30*	\$260/260	403655-B5

*NO CLASS 8/9

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 on a night you won't forget. For more details on individual classes, visit the registration site at bloomingdaleparks.org.

Location: JRC Kitchen
Instructor: Chef Pina

MIN/MAX: 8/20

Age	Day	Time	Date	R/NR Fee	Code #
Not Just Soup Night					
Adult	F	6:00-9:00P	6/2	\$65/65	403662-A1
The World's Poultry					
Adult	F	6:00-9:00P	6/9	\$65/65	403662-A2
Old/New World Pizza					
Adult	F	6:00-9:00P	6/16	\$65/65	403662-A3
Fresh Bread Friday					
Adult	F	5:00-9:00P	6/23	\$90/90	403662-A4
Fresh Bread Saturday					
Adult	Sa	10:00-2:00P	6/24	\$90/90	403662-A5
Comforting Stews					
Adult	F	6:00-9:00P	6/30	\$75/75	403662-A6
Exciting Vegetarian					
Adult	F	6:00-9:00P	7/14	\$70/70	403662-A7
Brunch to Impress					
Adult	F	6:00-9:00P	7/28	\$65/65	403662-A8
A Seafood Experience					
Adult	F	6:00-9:00P	8/11	\$85/85	403662-A9
4 the Love of Sauce					
Adult	F	6:00-9:00P	8/18	\$70/70	403662-C1
Men Only Night					
Adult	F	6:00-9:00P	8/25	\$65/65	403662-C2
Post-Holiday Salads					
Adult	F	6:00-9:00P	7/7	\$65/65	403662-C3
Cookies of Italy/USA					
Adult	F	6:00-9:00P	8/4	\$65/65	403662-C4
Parent & Child Class					
Adult	F	6:00-9:00P	7/21	\$65/65	403662-C5