

## Blood Circulation Exercises

Poor circulation is very often a silent killer as its symptoms may easily be overlooked. Using a combination of self-massage and simple exercises, participants improve their circulation in the hands, feet, face and body, while promoting cell growth and organ function. Good blood circulation also helps improve brain function and keeps your mind sharp and focused. Be prepared to remove your shoes and socks.

**Location:** JRC Lounge **Adult(tr)**  
**Instructor:** John Robertson **MIN/MAX:** 6/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sat	10A-12P	Sep 11	\$20/\$25	103602-A1

## Secrets of Chinese Health Ball

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 the fingers, hands and wrists. They can relieve joint stiffness and soreness, and 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 Alzheimers. Chinese Health Balls are available to use during class. Or purchase or bring your own.

**Location:** JRC Lounge **Adult(tr)**  
**Instructor:** John Robertson **MIN/MAX:** 6/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sat	1-4P	Sep 11	\$30/\$35	103605-A1

## Eastern Philosophy & Qigong

Eastern mystics have practiced longevity exercises for millennia with the goal of prolonging life and ultimately achieving immortality. What are the philosophies that lead them to these practices? Part lecture, part practice; this class aims to demystify the Eastern philosophies of Yin and Yang, The Tao, The Five Elements and more in a classroom setting. Learn basic Qigong exercises and meditations that begin the practices that lead to health and longevity. The exercises are effective and easy to learn. Using slow, gentle, graceful rocking and stretching motions combined with relaxed breathing, Qigong can help calm your mind, reduce tension and anxiety, regulate heart rate and blood pressure, boost energy and lower blood pressure. For the exercises, participants may choose to sit or stand as needed.

**Location:** Oak Room **Adult(tr)**  
**Instructor:** John Robertson **MIN/MAX:** 6/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Fri	1-4P	Oct 1-29	\$97/\$102	103600-A1

## Registration Hint – Register Early!

To ensure your class or program runs, please register early! Planning, staffing and running a class all take preparation time, which is why many programs have registration deadlines. We need to know in advance how many people to buy supplies for, or how many spaces to reserve, etc. When in doubt, always register as you could be the one that makes the class run!

## A Parent's Guide on How to Pay For College

This workshop introduces the various financial aid options and focuses on some of the biggest college planning mistakes families should avoid. It also reveals unique techniques to reduce the Expected Family Contributions (EFC) with the new FAFSA rules that can save thousands on college costs. Zoom link will be sent prior to class.

**Location:** Home **Adult(tr)**  
**Instructor:** My College Planning Team **MIN/MAX:** 6/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Thu	7-8:30P	Sep 16	\$0/\$0	103616-A1

## The Art of Appeal

Now more than ever, colleges are more willing to say, "yes" to appeals for more financial aid and scholarship money for both new and returning students. The workshop provides detailed guidance for families on how to appeal for more financial aid and how to improve the likelihood of a successful appeal. Zoom link will be sent prior to class.

**Location:** Home **Adult(tr)**  
**Instructor:** My College Planning Team **MIN/MAX:** 6/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Thu	7-8:30P	Oct 21	\$0/\$0	103620-A1

## Grants, Loans, & Scholarships

This workshop uncovers the best college cost-reduction strategies and reveals little-known asset, borrowing, and savings methods. Learn insider information on grants, loans and scholarships to help make your college planning both successful and affordable. Zoom link will be sent prior to class.

**Location:** Home **Adult(tr)**  
**Instructor:** My College Planning Team **MIN/MAX:** 6/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Thu	7-8:30P	Nov 11	\$0/\$0	103628-A1

## Retirement Planning

Keep more of what you earn and make your money work harder for you. Above all, this course shows participants how to assess financial situations and develop a personalized plan to achieve retirement goals. Whether just beginning to develop a retirement plan or rapidly approaching retirement, participants learn how to define long-term goals and return from the class with practical information to apply immediately. Course includes a 224-page illustrated textbook. Couples may attend together for a single registration. Coffee and light refreshments are provided. Instructor Mark Strefner is a senior partner with Infinity Wealth Management, LLC, a financial and estate-planning firm.

**Location:** Oak Room **Adult(tr)**  
**Instructor:** Mark Strefner **MIN/MAX:** 2/25

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Thu	6-9P	Oct 7&14	\$49/\$54	103642-A1
Adult	Sat	9A-12P	Oct 2&9	\$49/\$54	103642-A2

## MediCare 101

Medicare can be confusing. Tom Perrucci from Premier Medicare Benefits presents a FREE educational seminar to get you up to speed on what Medicare covers, what it doesn't and your potential out-of-pocket exposure. Class reviews Medicare Supplements, Medicare Advantage Plans, Part D Prescription Coverage, and cost-saving strategies for the years ahead.

**Location:** JRC Lounge **Adult(tr)**  
**Instructor:** Tom Perrucci **MIN/MAX:** 6/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Thu	6:30-8P	Sep 23	\$0/\$0	103601-A1

## MediCare 101 & Annual Enrollment Period

Medicare can be confusing. Tom Perrucci from Premier Medicare Benefits presents a FREE educational seminar to get you up-to-speed on what Medicare covers, what it doesn't and your potential out-of-pocket exposure. Also, we'll review the Annual Enrollment Period: what changes or additions you can make toward your Medicare coverage.

**Location:** JRC Lounge **Adult(tr)**  
**Instructor:** Tom Perrucci **MIN/MAX:** 6/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tue	6:30-8P	Oct 12	\$0/\$0	103629-A1

## MediCare 101 & Annual Enrollment Period: Are You Ready?

Medicare can be confusing. Tom Perrucci from Premier Medicare Benefits presents a FREE educational seminar to get you up to speed on what Medicare covers, what it doesn't and your potential out-of-pocket exposure.

**Location:** JRC Lounge **Adult(tr)**  
**Instructor:** Tom Perrucci **MIN/MAX:** 6/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Wed	6:30-8P	Oct 27	\$0/\$0	103630-A1

## MediCare 101 & Annual Enrollment Period: What to Do

Medicare can be confusing. Tom Perrucci from Premier Medicare Benefits presents a FREE educational seminar to get you up to speed on what Medicare covers, what it doesn't and your potential out-of-pocket exposure.

**Location:** JRC Lounge **Adult(tr)**  
**Instructor:** Tom Perrucci **MIN/MAX:** 6/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tue	6:30-8P	Nov 16	\$0/\$0	103632-A1

## MediCare 101 & Annual Enrollment Period: Last Chance

Medicare can be confusing. Tom Perrucci from Premier Medicare Benefits presents a FREE educational seminar to get you up to speed on what Medicare covers, what it doesn't and your potential out-of-pocket exposure.

**Location:** JRC Lounge **Adult(tr)**  
**Instructor:** Tom Perrucci **MIN/MAX:** 6/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Wed	6:30-8P	Dec 1	\$0/\$0	103670-A1

## Lounge Opens October 1!



The Lounge is relaxing space in the Johnston Recreation Center for active adults and seniors. It features a comfortable seating area to watch TV and movies, play cards, an area to get active with Wii video games, and plenty of space to simply relax and pass the time. Free coffee is available daily.



The Lounge is FREE to all adults; however, some programs and lunches require a registration fee to participate. Monthly calendars will be available for pick up on the 20th of each month at the front desk of the Johnston Recreation Center. Refer to the calendar for open hours.

## Ice Cream Social!

You are invited to the Grand Re-opening of The Lounge! Kick it off with a tasty Ice Cream Friday, October 1, 10:30-11:30AM. Join the fun, and we hope to see you there!



## Take it & Make it Crafts

All supplies will be provided to make the perfect decoration, gift, or new accessory to your home. Each month's craft will match the current season. All supplies will be included as well as a photo of a sample to use as a guide. Registration is required. Additional fee for park district resident deliveries. If you would like delivery, you must also register for codes A2, B2 and C2.

**Location:** Home **Adult(tr)**  
**Instructor:** Staff **MIN/MAX:** 6/10

Age	Day	Time	Date	R/NR Fee	Code #
<b>Halloween</b>					
Adult	Mon	10A-4P	Oct 11	\$20/\$25	103711-A1
<b>Halloween Delivery</b>					
Adult	Mon	10A-4P	Oct 11	\$5/NA	103711-A2
<b>Fall</b>					
Adult	Mon	10A-4P	Nov 8	\$20/\$25	103711-B1
<b>Fall Delivery</b>					
Adult	Mon	10A-4P	Nov 8	\$5/NA	103711-B2
<b>Winter</b>					
Adult	Mon	10A-4P	Dec 6	\$20/\$25	103711-C1
<b>Winter Delivery</b>					
Adult	Mon	10A-4P	Dec 6	\$5/NA	103711-C2

# Adult Variety

## Bingo

Save the last Wednesday of every month and join us for some bingo fun. All supplies are provided. Prizes are awarded to all winners! Registration is required to plan for social distancing.

**Location: Johnston Rec Center** **Adult(rd)**  
**Instructor: Staff** **MIN/MAX: 10/10**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Wed	10-11:30A	Sep 29	\$0/\$0	103777-A1
Adult	Wed	10-11:30A	Oct 27	\$0/\$0	103777-B1
Adult	Wed	10-11:30A	Nov 24	\$0/\$0	103777-C1
Adult	Wed	10-11:30A	Dec 29	\$0/\$0	103777-D1
Adult	Wed	10-11:30A	Jan 26	\$0/\$0	103777-E1

## Holiday Appetizers

Join Chef Pina for a hands-on cooking experience that teaches you how to prepare holiday appetizers without having to turn on your oven. Be sure to come hungry as you will taste test everything you prepare. Copies of all recipes are provided. Registration deadline is December 8.

**Location: Museum** **Special Event(tr)**  
**Instructor: Chef Pina** **MIN/MAX: 4/6**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tue	6:30-8:30P	Dec 14	\$25/\$30	103407-A1

## Holiday Cookie Bake & Exchange

Why waste precious holiday time in your own kitchen preparing for and baking cookies when you can get the bulk of your holiday baking done in just three hours on a single Saturday morning! Participants enjoy the company of others, listen to seasonal music, and enjoy coffee and treats while baking. Save time and sanity this holiday season. Family, friends and co-workers will thank you. Bring tins or containers from home to store your holiday treasures.

**Location: Chef's Corner** **Adult(tr)**  
**Instructor: Chef Pina** **MIN/MAX: 4/6**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sat	9A-12P	Dec 18	\$58/\$63	103606-A1

## 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: Chef's Corner** **Adult(tr)**  
**Instructor: Chef Pina** **MIN/MAX: 3/4**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Mon	6-9P	Nov 15-22	\$84/\$89	103623-A1

## Registration Hint – Register Early!

To ensure your class or program runs, please register early! Planning, staffing and running a class all take preparation time, which is why many programs have registration deadlines. We need to know in advance how many people to buy supplies for, or how many spaces to reserve, etc. When in doubt, always register as you could be the one that makes the class run!

## 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. Register by region or for all four classes and save \$20.

**Location: Chef's Corner** **Adult(tr)**  
**Instructor: Chef Pina** **MIN/MAX: 3/4**

Age	Day	Time	Date	R/NR Fee	Code #
<b>Heart of Spain</b>					
Adult	Wed	6-9P	Oct 6	\$42/\$47	103624-A1
<b>Normandy</b>					
Adult	Wed	6-9P	Oct 20	\$42/\$47	103624-A2
<b>Mid France</b>					
Adult	Wed	6-9P	Oct 27	\$42/\$47	103624-A3
<b>Provence</b>					
Adult	Wed	6-9P	Nov 3	\$42/\$47	103624-A4
<b>All Four Classes</b>					
Adult	Wed	6-9P	Oct 6-Nov 3	\$148/\$153	103624-A5

## 50+ Gourmet Supper Club

Mark your calendar! Save your second Wednesday evening 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 should register together using the B codes and save \$9.

**Location: Chef's Corner** **Adult(tr)**  
**Instructor: Chef Pina** **MIN/MAX: 3/4**

Age	Day	Time	Date	R/NR Fee	Code #
<b>Individual</b>					
Adult	Wed	4:30-7:30P	Sep 8	\$42/\$47	103625-A1
Adult	Wed	4:30-7:30P	Oct 13	\$42/\$47	103625-A2
Adult	Wed	4:30-7:30P	Nov 10	\$42/\$47	103625-A3
Adult	Wed	4:30-7:30P	Dec 8	\$42/\$42	103625-A4
<b>Couples</b>					
Adult	Wed	4:30-7:30P	Sep 8	\$75/\$80	103625-B1
Adult	Wed	4:30-7:30P	Oct 13	\$75/\$80	103625-B2
Adult	Wed	4:30-7:30P	Nov 10	\$75/\$80	103625-B3
Adult	Wed	4:30-7:30P	Dec 8	\$75/\$80	103625-B4

## Cooking for 1 or 2

Cooking for one or two is harder than it seems, and it can leave anyone wanting to make a healthy, tasty meal either throwing out extra helpings or watching expensive ingredients expire. But it's possible to prepare single-serving recipes that are full of flavor, easy-to-make, and economical if you have the right guide. Learn how to make a fresh, delicious, home-cooked meal for one without creating a week's worth of leftovers or leaving an abundance of unused fresh ingredients that quickly go to waste.

**Location: Chef's Corner** **Adult(tr)**  
**Instructor: Chef Pina** **MIN/MAX: 3/4**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Wed	6-9P	Nov 17	\$42/\$47	103627-A1

## Recipe Swap

Calling all cooks and those that want to learn! Sign your child up for Holiday Crafting Fun and while they are in their program, meet with other parents to share recipes and cooking ideas! Feel free to bring samples of any recipe, though that is not required or expected. Please bring enough copies to share. This is a great chance to share your recipes as well as gain some new ones! This is a partner program with Holiday Crafting Fun (Code #101699, A1 & A2).

**Location: Johnston Rec Center** **Adult(tr)**  
**Instructor: Staff** **MIN/MAX: 6/24**

Age	Day	Time	Date	R/NR Fee	Code #
18-99	Wed	5:30-6:30P	Oct 13	\$10/\$15	103636-A1
18-99	Wed	5:30-6:30P	Nov 17	\$10/\$15	103636-A2

## 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: Chef's Corner** **Adult(tr)**  
**Instructor: Chef Pina** **MIN/MAX: 3/4**

Age	Day	Time	Date	R/NR Fee	Code #
<b>Introduction</b>					
Adult	Wed	6-9P	Sep 1	\$42/\$47	103637-B1
<b>Solely Mediterranean</b>					
Adult	Wed	6-9P	Sep 15	\$42/\$47	103637-B2
<b>Only Italian Seafood</b>					
Adult	Wed	6-9P	Sep 22	\$42/\$47	103637-B3
<b>From Tuscany to You</b>					
Adult	Wed	6-9P	Sep 29	\$42/\$47	103637-B4
<b>All Four Classes</b>					
Adult	Wed	6-9P	Sep 1-29	\$148/\$153	103637-B5

## Cooking for Beginners

Do you want to make great food in a minimum amount of time, but don't have a clue how to go about it? Or you're on your own for the first time and have discovered that eating out is expensive and takeout is tiresome? Do you need a small repertoire of dishes for daily dining, but you can barely manage instant coffee? Does this sound like you? This is the course for you! We'll get you on your cooking feet, teaching you how to prepare simple, healthy and delicious food.

**Location: Chef's Corner** **Adult(tr)**  
**Instructor: Chef Pina** **MIN/MAX: 3/4**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Wed	6-8P	Dec 15	\$42/\$47	103603-A1

Please adhere to the current CDC/IDPH mask guidance when participating in a program or event. Visit [bloomingdaleparks.org](http://bloomingdaleparks.org) for the most current information regarding programs, events and facilities in regard to COVID-19 restrictions and mask mandates.



## 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. Bring a container for leftovers. This is a partner program with Parents Night Out (Code #103638-C2).

**Location: Chef's Corner** **Adult(tr)**  
**Instructor: Chef Pina** **MIN/MAX: 3/5**

Age	Day	Time	Date	R/NR Fee	Code #
<b>Not Just Soup</b>					
Adult	Fri	6-8P	Sep 3	\$42/\$47	103638-A1
<b>The World's Poultry</b>					
Adult	Fri	6-8P	Sep 10	\$42/\$47	103638-A2
<b>A Seafood Experience</b>					
Adult	Fri	6-8P	Sep 17	\$62/\$67	103638-A3
<b>Fresh Bread Friday</b>					
Adult	Fri	5-9P	Sep 24	\$67/\$72	103638-A4
<b>Fresh Bread Saturday</b>					
Adult	Sat	10A-2P	Sep 25	\$67/\$72	103638-A5
<b>Comforting Stews</b>					
Adult	Fri	6-8P	Oct 1	\$52/\$57	103638-A6
<b>Men Only Night</b>					
Adult	Fri	6-8P	Oct 8	\$42/\$42	103638-A7
<b>Cookies of Italy/USA</b>					
Adult	Fri	6-8P	Oct 15	\$47/\$52	103638-A8
<b>Appetizer Favorites</b>					
Adult	Fri	6-8P	Oct 22	\$47/\$52	103638-A9
<b>4 the Love of Sauce</b>					
Adult	Fri	6-8P	Oct 29	\$47/\$52	103638-C1
<b>Brunch to Impress</b>					
Adult	Fri	6-8P	Nov 5	\$42/\$42	103638-C2
<b>Vegetarian</b>					
Adult	Fri	6-8P	Nov 12	\$47/\$47	103638-C3
<b>Ladies Night</b>					
Adult	Fri	6-8P	Nov 19	\$42/\$47	103638-C4
<b>Post- Holiday Salads</b>					
Adult	Fri	6-8P	Dec 3	\$32/\$37	103638-C5
<b>Pizza Night</b>					
Adult	Fri	6-8P	Dec 10	\$42/\$47	103638-C6
<b>Pasta Night</b>					
Adult	Fri	6-8P	Dec 17	\$42/\$47	103638-C7