

Walking Book Club

Get your workout in while having a book discussion. Discussions start during stretches and continue as you walk around Stratford Mall. Please meet upstairs Macy's in mall entrance. First book for discussion is given upon registration at the JRC. Books are provided by the Bloomington Public Library. Please bring a water bottle. January-The Happiness Project by Gretchen Rubin, February-The Widow by Fiona Barton, March 10-The Readers of Broken Wheel Recommend by Katarina Bivald, April-Girl Waits with Gun by Amy Stewart, May-The Girls by Emma Cline.

Location: Stratford Mall Q Sec

Instructor: Erin

MIN/MAX: 3/10

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sa	9:00-10:30A	1/13	\$0/0	203692-A1
Adult	Sa	9:00-10:30A	2/10	\$0/0	203692-A2
Adult	Sa	9:00-10:30A	3/10	\$0/0	203692-A3
Adult	Sa	9:00-10:30A	4/7	\$0/0	203692-A4
Adult	Sa	9:00-10:30A	5/12	\$0/0	203692-A5

The Labyrinth: Center of Self **New!**

The Labyrinth is not a maze; it is a single path to the center of the self. In this introductory session you are invited to gather around the sacred geometry of the Labyrinth to experience this 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, except that 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. You can expect to experience relief from the stressors of daily life and solve problems using this relaxing, meditative technique.

Location: Lake Park H.S. East

Instructor: John

MIN/MAX: 6/99

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:00-9:00P	3/21	\$30/30	203670-A1

College Planning 101

Do you have a high school student who will 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: Lake Park H.S. East

Instructor: Jill

MIN/MAX: 3/50

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	7:00-9:00P	2/12	\$25/25	203671-A1
Adult	M	7:00-9:00P	4/9	\$25/25	203671-A2



Bridge Club

Monday, 6-8:00PM

Cody/Hills Room(s)

172 S. Circle Ave., Bloomington

Exercise for Mental Muscle **New!**

Exercise for Mental Muscle is a class of enjoyable, relaxing and simple movements that can stimulate whole-brain learning; allowing participants to access parts of the brain previously untapped, making learning easier and more fun, and recollection quicker and more vivid. Based on the principles of Tai Chi Chuan, Qi Gong, Reflexology and Traditional Oriental Medicine while using physical exercises, gentle acupressure and massage, we can feed the brain, and stimulate it to learn and grow. Suitable for all ages and abilities, participants may choose to sit or stand as needed.

Location: Lake Park H.S. East

Instructor: John

MIN/MAX: 6/99

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:30-8:00P	1/10	\$15/15	203672-A1

Holiday Cookie Bake & Exchange **New!**

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. Your family, friends and co-workers will thank you. Bring tins or containers from home to store your holiday treasures.

Location: JRC Kitchen

Instructor: Chef Pina

MIN/MAX: 8/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sa	9:00-12:00P	12/16	\$58/78	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: Lake Park H.S. East
Instructor: Chef Pina

MIN/MAX: 8/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:00-9:00P	5/16-5/23	\$84/84	203673-A1

Recipe Swap



Calling all cooks and those that want to learn! Sign your child up for Unicorn Funfetti Party 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 Unicorn Funfetti Party 202624-A1.

Location: Cody Room
Instructor: Staff

MIN/MAX: 6/24

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sa	11:00-1:00P	4/21	\$10/15	203636-A1

Don't Stress Out!

Stress is said to be responsible for nearly 85% of doctor visits [Kansas State University]. In this class, participants examine the signs of stress, its causes and consequences, and how it affects performance. Learn several practical techniques for the immediate relief of stress, enabling you to cope with stressful situations. Learn to manage chronic and long-term stress and how to make yourself more stress resistant. The methods you will learn can help you be healthier, happier, and more productive; you will have fewer sick days, more leisure time, and enjoy life more. Instructor John Robertson is a high level martial arts and healthy living instructor. He is also a reflexologist, healer and ordained minister.

Location: Community Room
Instructor: John

MIN/MAX: 6/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sa	10:00-3:00P	2/17	\$60/60	203676-A1

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: Lake Park H.S. East
Instructor: Chef Pina

MIN/MAX: 8/20

Age	Day	Time	Date	R/NR Fee	Code #
Heart of Spain					
Adult	W	6:00-9:00P	2/21	\$42/42	203678-A1
Normandy					
Adult	W	6:00-9:00P	3/21	\$42/42	203678-A2
Mid France					
Adult	W	6:00-9:00P	4/18	\$42/42	203678-A3
Provence					
Adult	W	6:00-9:00P	4/25	\$42/42	203678-A4
All Four Classes					
Adult	W	6:00-9:00P	2/21-4/25*	\$148/148	203678-A5

*NO CLASS 2/28, 3/7, 3/14, 3/28, 4/4, 4/11

Italian Cooking Classes

Fall in love with preparing and eating Italian cuisine. 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. Register for all four classes and save \$20!

Location: Lake Park H.S. East
Instructor: Chef Pina

MIN/MAX: 8/20

Age	Day	Time	Date	R/NR Fee	Code #
Introduction					
Adult	W	6:00-9:00P	2/28	\$42/42	203679-B1
Solely Mediterranean					
Adult	W	6:00-9:00P	3/7	\$42/42	203679-B2
Only Italian Seafood					
Adult	W	6:00-9:00P	4/4	\$42/42	203679-B3
From Tuscany to You					
Adult	W	6:00-9:00P	5/2	\$42/42	203679-B4
All Four Classes					
Adult	W	6:00-9:00P	2/28-5/2*	\$148/148	203679-B5

*NO CLASS 3/14, 3/21, 3/28, 4/11, 4/18, 4/25

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 160 W. 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



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. For more details on individual classes, visit the registration site at bloomingdaleparks.org.

Location: Lake Park H.S. East

Instructor: Chef Pina

MIN/MAX: 8/20

Age	Day	Time	Date	R/NR Fee	Code #
Brunch to Impress					
Adult	F	6:00-9:00P	2/23	\$42/42	203680-A1
4 the Love of Sauce					
Adult	F	6:00-9:00P	3/9	\$47/47	203680-A2
Cookies of Italy/USA					
Adult	F	6:00-9:00P	3/16	\$42/42	203680-A3
Post-Holiday Salads					
Adult	F	6:00-9:00P	4/6	\$42/42	203680-A4
Old/New World Pizza					
Adult	F	6:00-9:00P	4/13	\$42/42	203680-A5
A Seafood Experience					
Adult	F	6:00-9:00P	4/20	\$62/62	203680-A6
Fresh Bread Friday					
Adult	F	5:00-9:00P	4/27	\$67/67	203680-A7
Fresh Bread Saturday					
Adult	Sa	10:00-2:00P	4/28	\$67/67	203680-A8
Not Just Soup Night					
Adult	F	6:00-9:00P	5/4	\$42/42	203680-A9
Parent/Child Class					
Adult	F	6:00-9:00P	5/11	\$42/42	203680-B1
The World's Poultry					
Adult	F	6:00-9:00P	5/18	\$42/42	203680-C1
Comforting Stews					
Adult	F	6:00-9:00P	5/25	\$42/42	203680-C2



Hanging Globe Terrarium

New!



Join us and get in on the latest craze and create your own stunning terrarium. You don't have to have a green thumb, we will walk you through every step. Each participant is given a 6" Hanging Globe, live plants, and decorations to make it your own. These unique planters look amazing anywhere in your home or office.

Location: Lake Park H.S. East

Instructor: Christine, Thirsty Gardner

MIN/MAX: 5/10

Age	Day	Time	Date	R/NR Fee	Code #
Adult	F	7:00-9:00P	2/9	\$37/37	203691-A1



Couples Ballroom

Discover the fun and wonderful world of ballroom dance in this beginner/refresher class. It's the perfect class for couples trying to look good on the dance floor for an upcoming event. Learn the basics and have a great time dancing the fox-trot, waltz, cha-cha and swing/jitterbug. Both partners must be registered. Fee is per person. Class is held at the Wheaton Park District. For Ballroom 2, a basic knowledge of the fox trot, waltz, cha-cha and swing/jitterbug or Ballroom 1 is highly recommended as a prerequisite. Both partners must be registered. Fee is per person. Class is held at the Wheaton Park District. Instructors Dean and Laurie Francis have been enjoying and sharing ballroom dancing for many years.

Location: Wheaton Park District

Instructor: Dean/Laurie Francis

MIN/MAX: 2/6

Age	Day	Time	Date	R/NR Fee	Code #
Ballroom 1					
Adult	Th	8:30-9:30P	1/11-2/8	\$48/68	203689-A1
Ballroom 2					
Adult	Th	7:15-8:15P	1/11-2/8	\$48/68	203690-A1

Step by Step Drawing

Have you always wanted to draw? Need a refresher on art fundamentals? Step by Step Drawing is a six-part course designed by artist Kathy Steere for adults who haven't drawn since grade school. Participants learn about lines, shading, shadows, one-point perspective, composition, and color. Other than a pencil, there is no supply list. Instructor will have materials available for in-class use, though you are welcome to bring any of your own drawing supplies. Register for all six classes and receive a 10% discount!

Location: Lake Park H.S. East

Instructor: Kathy

MIN/MAX: 6/20

Age	Day	Time	Date	R/NR Fee	Code #
Lines- Use a grid for accuracy					
Adult	W	6:00-8:00P	2/7	\$25/25	203695-A1
Shading- Make the subject look dimensional					
Adult	W	6:00-8:00P	2/21	\$25/25	203695-A2
Shadows- Anchor the subject					
Adult	W	6:00-8:00P	2/28	\$25/25	203695-A3
One-point perspective- Distance looks real					
Adult	W	6:00-8:00P	3/7	\$25/25	203695-A4
Composition- Placement of subject					
Adult	W	6:00-8:00P	3/14	\$25/25	203695-A5
Color- Intro to the color wheel					
Adult	W	6:00-8:00P	3/21	\$25/25	203695-A6
All Six Classes					
Adult	W	6:00-9:00P	2/7-3/21*	\$135/135	203695-B1

*NO CLASS 2/14

50 Secrets of Longevity

We are living longer than ever before. Many people believe they will inevitably suffer the diseases of old age in their final years; however, 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: Lake Park H.S. East

Instructor: John

MIN/MAX: 8/99

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:30-8:30P	3/7	\$30/30	203677-A1

Lakeview Memory Care

The Bloomingdale Park District partners with Lakeview memory care, a newly-opened location at 241 E. Lake Street, to offer activities for seniors.

Support Group

For Caregivers Caring for those with Memory Loss

Second Monday of Each Month

5-6:30PM

Please RSVP to (847) 466-5183

Retirement Planning

Keep more of what you earn and make your money work harder for you. Above all, this course shows you how to assess your financial situation and develop a personalized plan to achieve your retirement goals. Whether you are just beginning to develop a retirement plan or rapidly approaching retirement, you will learn how to define long-term goals and return from the class with practical information you can apply immediately. This course includes a 224-page illustrated textbook. Couples may attend together for a single registration fee. Class sizes are limited so register today. Coffee and light refreshments are provided. Note: Saturday classes are held at the Johnston Recreation Center. Instructor Mark Strefner is a senior partner with Infinity Wealth Management, LLC, a financial and estate-planning firm, and seeks to bring clarity to the financial planning process. A sought-after public speaker in the insurance and investment industry, Mark has been honored with a number of corporate and industry awards including the Million Dollar Round Table, Centurion, Chairman, and Ben Franklin Awards.

Location: Lake Park H.S. East

Instructor: Mark Strefner

MIN/MAX: 2/30

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:00-9:00P	2/21-2/28	\$49/49	203688-A1
Adult	Sa	9:00-12:00P	2/24-3/3	\$49/49	203688-A2

Grandparent Gardening Day **New!**

Bring your grandparents out for a nature adventure! We'll play games, go on a scavenger hunt, and explore Springfield Wetlands. The DuPage County Farm Bureau will join us for a fun lesson about soil and to make a unique garden plant with the grandchildren to take home! Fee is per child, Grandparents are free. Registration deadline is: April 31.

Location: Springfield Pavilion

Instructor: Staff

MIN/MAX: 8/12

Age	Day	Time	Date	R/NR Fee	Code #
5-12	Sa	10:45-12:45P	5/12	\$18/23	201114-A1

Sand Art Terrarium **New!**

You are never too old to play in the sand! Come join us for a parent/grandparent and child class where you will learn how to create your own terrarium using different colors of sand. Each participant will receive 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 \$18.00

Location: Cody-Hills

Instructor: Christine, Thirsty Gardner

MIN/MAX: 6/10

Age	Day	Time	Date	R/NR Fee	Code #
6-12	Sa	1:00-3:00P	3/3	\$55/55	202631-A1
Additional Child					
6-12	Sa	1:00-3:00P	3/3	\$18/18	202631-A2

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

Looking for something to do this winter? Drop in at the Johnston Recreation Center every Friday beginning January 5th 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.

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: Johnston Recreation Center

Age: 55+

Days: Friday

Time: 10AM-Noon

Dates: January 5 – May 18

FREE!

Jan 5th - Chair Yoga

Chair yoga can increase muscle strength, helps you maintain a balanced metabolism, and improve circulatory health all from the comfort of your chair!

Jan 12th - National Pharmacist Day

Join us for a presentation from Mariano's to learn about vaccines and the diseases the vaccines prevent.

Jan 19th - Yahtzee Day

Challenge your PAARC friends to a friendly game of Yahtzee.

Jan 26th - Social and Movie Day

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

Feb 2nd - Arts & Crafts Day

Supplies will be provided for participants to decorate their own valentine craft.

Feb 9th - Manicure Day

Get ready for Valentine's Day with a free manicure.

Feb 16th - Social and Movie Day

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

Feb 23rd - Coffee and Chat

Enjoy a cup of coffee as you chat with your PAARC friends.

Mar 2nd - Brain Teaser Day

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

Mar 9th - Social and Movie Day

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

Mar 16th - Arts & Crafts Day

Supplies will be provided for participants to decorate their own Spring craft.

Mar 23rd - Bingo Day

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

Mar 30th - National Take a Walk in the Park Day

Put your walking shoes on and join us at OldTown Park to learn about interesting historical Bloomingdale facts for National Take a Walk in the Park Day.

Apr 6th - National Caramel Popcorn Day

Enjoy a special Caramel Popcorn treat in honor of Caramel Popcorn Day.

Apr 13th - Scrabble Day

Challenge your PAARC friends to a friendly game of Scrabble.

Apr 20th - Social and Movie Day

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

Apr 27th - Arts & Crafts Day

Supplies will be provided for participants to decorate their own tie-dye t-shirt to get ready for summer.

May 4th - National Orange Juice Day

Enjoy a cup of America's most popular breakfast drink. One 8 ounce serving of orange juice has 124 mg of vitamin C, that little bit of sunshine in the morning can add a boost to your day. We'll have donuts too.

May 11th - Bingo Day

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

May 18th - Social and Movie Day

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

