

Blood Circulation Exercise

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: Lake Park H.S. East

Instructor: John Robertson

MIN/MAX: 4/8

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:30-8:30P	5/15	\$30/30	203602-A1

Spanish for Adults **New!**

Learn basic vocabulary, greetings, some regular verbs and how to build simple sentences. A \$15 materials fee is due at the first class.

Location: Fountain View Recreation

Instructor: Staff

MIN/MAX: 1/10

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	6:00-6:45P	1/24-2/28	\$78/78	203603-A1

Be My Yoga Valentine **New!**

Experience the art of yogic sleep, an enjoyable and easy practice that can be performed by everybody. Participants are guided through a detailed awareness of body and senses into a sleep meditation that allows the body and mind to slip into a deep state of relaxation. Brains switch from beta to alpha waves, and effortlessly transition from activity into meditation. Couples experience a deep connection to their loved one, reinforcing the bonds between them. Yoga Nidra has been found to reduce tension and anxiety, PTSD, persistent insomnia and chronic pain. Participants gain a sense of internal peace and leave feeling incredibly present, rested, relaxed, restored and rejuvenated. Bring mats, cushions and blankets in order to make yourself comfortable lying on the floor or sitting as needed. Both singles and couples are welcome.

Location: Lake Park H.S. East

Instructor: John Robertson

MIN/MAX: 8/12

Age	Day	Time	Date	R/NR Fee	Code #
Single					
Adult	Th	6:30-8:30P	2/14	\$30/30	203604-A1
Couples					
Adult	Th	6:30-8:30P	2/14	\$50/50	203604-B1

Cut the Cable Cord **New!**

Amazon, Apple and Netflix are just a few of the options available for people who are interested in cutting the cable cord. Find out all the best services as well as streaming devices like Roku, Fire and Apple TV.

Location: Fountain View Recreation

Instructor: Staff

MIN/MAX: 1/10

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	6:00-7:30P	1/28	\$20/20	203605-A1

Land the Right Job **New!**

This seminar will not only instruct participants on what sites to search and how to find more available jobs, it also teaches how to make resumes and cover letters stand out and be read. Hands-on interview skills are modeled. What to do and what not to do are detailed. Tips on how to become a better employee, once hired, are taught so participants can obtain higher raises and promotions. Bring cover letter and resume on the first day, if possible.

Location: Lake Park H.S. East

Instructor: Renee Witthoff

MIN/MAX: 3/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	7:00-8:00P	3/6-3/20	\$59/59	203626-A1

Greek Holiday Cookies **New!** 😊

Join Roula for this special Greek cookie cooking class! Learn how to make delicious Greek cookies often served during the holidays in Greece! This is a hands-on class where participants make sugar almond cookies (kourabiedes), honey walnut cookies (melamokarna), and butter cookies (koulouria). Learn how and why Mediterranean-style eating continues to be one of the healthiest ways of eating – even during the holidays!

Location: Lake Park H.S. East

Instructor: Roula Marinos Papamihail

MIN/MAX: 4/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	7:00-9:00P	1/14	\$50/50	203629-A1

The Gluten Free Fix

Have you been told, know or think that you should go gluten free? Are you struggling with the dietary change? Make it a lifestyle change instead! Knowledge is power; in this class participants learn what gluten is, how and if it's affecting your body, how to find out if you're truly gluten sensitive and/or intolerant, and what to do about it – starting today!

Location: Lake Park H.S. East

Instructor: Roula Marinos Papamihail

MIN/MAX: 4/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	7:00-9:00P	5/13	\$100/100	203630-A1

Navigating College Planning **New!**

This unique workshop covers little-known strategies not covered in regular college-planning workshops. Learn new strategies for planning, saving, or paying for college – strategies that can save 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: Lake Park H.S. East

Instructor: My College Planning Team

MIN/MAX: 3/50

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	7:00-8:30P	3/6	\$0/0	203637-A1

Ways to Finance College

Trying to find ways to finance college? Get insider tips to see what universities are looking for and the best ways to find "hidden" money to pay for school. Discover essential college planning resources for making a smart decision. Jill Kirby is a certified professional college consultant who will show you seven ways to find the best-fit college for your student.

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	2/11	\$20/20	203671-A1
Adult	M	7:00-9:00P	4/8	\$20/20	203671-A2

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, reflexologist, healer, and ordained minister.

Location: Lake Park H.S. East
Instructor: John Robertson

MIN/MAX: 8/99

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:30-8:30P	2/6	\$30/30	203677-A1

Struggling to Lose Weight?

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

Location: Lake Park H.S. East
Instructor: Roula Marinos Papamihail

MIN/MAX: 4/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	6:00-8:00P	4/29	\$50/50	203615-A1

Bloomingtondale Horizon

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



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: Lake Park H.S. East/Museum
Instructor: Mark Strefner

MIN/MAX: 2/30

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:00-9:00P	2/20-2/27	\$49/49	203688-A1
Adult	Sa	9:00-12:00P	2/9-2/16	\$49/49	203688-A2

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. 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. 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	1/10-2/7	\$48/60	203689-A1
Ballroom 2					
Adult	Th	7:15-8:15P	1/10-2/7	\$48/60	203690-A1

Qigong

The inner health of the body is just as important as the outer health. Through the mind-body practice of qigong, participants improve health and longevity, boost their immune system and reduce stress. Using slow, gentle, graceful rocking and stretching motions, combined with deep relaxed breathing, participants improve circulation and digestion while also calming the mind and reducing tension and anxiety. Heart rate and blood pressure also become regulated while boosting energy. The exercises are very effective and easy to learn. Students may choose to sit or stand as needed, making this class suitable for all ages and abilities.

Location: Lake Park H.S. East
Instructor: John Robertson

MIN/MAX: 3/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:30-8:30P	4/3	\$30/30	203601-A1

adult general

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	5/15-5/22	\$84/84	203673-A1

Chef Pina's Cooking Classes **New!** 😊

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.

Location: Lake Park H.S. East

Instructor: Chef Pina

MIN/MAX: 8/20

Age	Day	Time	Date	R/NR Fee	Code #
Cookies of Italy/USA					
Adult	F	6:00-9:00P	2/1	\$42/42	203680-A1
4 the Love of Sauce					
Adult	F	6:00-9:00P	2/8	\$47/47	203680-A2
Valentine's Dinner					
Adult	F	6:00-9:00P	2/15	\$42/42	203680-A3
A Seafood Experience					
Adult	F	6:00-9:00P	2/22	\$62/62	203680-A4
Fresh Bread Friday					
Adult	F	6:00-9:00P	3/8	\$67/67	203680-A5
Not Just Soup Night					
Adult	F	6:00-9:00P	3/15	\$42/42	203680-A6
Parent & Child Class					
Adult	F	5:00-9:00P	3/22	\$42/42	203680-A7
The World's Poultry					
Adult	F	6:00-9:00P	4/5	\$42/42	203680-A8
Comforting Stews					
Adult	F	6:00-9:00P	4/12	\$42/42	203680-A9
Old/New World Pizza					
Adult	F	6:00-9:00P	4/26	\$42/42	203680-B1
Men Only Night					
Adult	F	6:00-9:00P	5/3	\$42/42	203680-C1
Ladies Night					
Adult	F	6:00-9:00P	5/10	\$42/42	203680-C2
Appetizer Treats					
Adult	F	6:00-9:00P	5/17	\$40/40	203680-C3
Summer BBQ					
Adult	F	6:00-9:00P	5/24	\$40/40	203680-C4

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.

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: Lake Park H.S. East

Instructor: Chef Pina

MIN/MAX: 8/20

Age	Day	Time	Date	R/NR Fee	Code #
Single					
Adult	W	4:30-7:30P	2/13	\$42/42	203675-A1
Adult	W	4:30-7:30P	3/13	\$42/42	203675-A2
Adult	W	4:30-7:30P	4/10	\$42/42	203675-A3
Adult	W	4:30-7:30P	5/8	\$42/42	203675-A4
Couple					
Adult	W	4:30-7:30P	2/13	\$75/75	203675-B1
Adult	W	4:30-7:30P	3/13	\$75/75	203675-B2
Adult	W	4:30-7:30P	4/10	\$75/75	203675-B3
Adult	W	4:30-7:30P	5/8	\$75/75	203675-B4

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	3/20	\$42/42	203678-A1
Normandy					
Adult	W	6:00-9:00P	4/3	\$42/42	203678-A2
Mid France					
Adult	W	6:00-9:00P	4/17	\$42/42	203678-A3
Provence					
Adult	W	6:00-9:00P	4/24	\$42/42	203678-A4
All Four Classes					
Adult	W	6:00-9:00P	3/20-4/24*	\$148/148	203678-A5

*NO CLASS 4/10

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: 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	2/6	\$42/42	203679-B1
Solely Mediterranean					
Adult	W	6:00-9:00P	2/20	\$42/42	203679-B2
Only Italian Seafood					
Adult	W	6:00-9:00P	2/27	\$42/42	203679-B3
From Tuscany to You					
Adult	W	6:00-9:00P	3/6	\$42/42	203679-B4
All Four Classes					
Adult	W	6:00-9:00P	2/6-3/6*	\$148/148	203679-B5

*NO CLASS 2/13

Let's Get Crafty! New! 😊

Grab a friend or come by yourself and enjoy a relaxing evening creating arts and crafts projects you'll love to keep for yourself or give as gifts. Each class has a different theme! All supplies will be provided.

Location: Lake Park H.S. East
Instructor: Heather Piotrowski

MIN/MAX: 4/10

Age	Day	Time	Date	R/NR Fee	Code #
Beginning Crochet					
Adult	W	6:30-9:00P	1/9	\$32/32	203608-A1
Simple Sugar Scrubs					
Adult	Th	6:30-9:00P	1/24	\$32/32	203608-B1
Paper Quill Hearts					
Adult	W	6:30-9:00P	2/13	\$32/32	203608-C1
American Style Knitting					
Adult	Th	6:30-9:00P	2/21	\$32/32	203608-D1
Simple Soaps Part 1					
Adult	W	6:30-9:00P	3/6	\$16/16	203608-E1
Simple Soaps Part 2					
Adult	Th	6:30-9:00P	3/7	\$16/16	203608-F1
Amigurumi					
Adult	Tu	6:30-9:00P	3/19	\$32/32	203608-G1
Paper Quill Spring Flowers					
Adult	W	6:30-9:00P	4/10	\$32/32	203608-H1
Paper Crafting Peekaboo Treat Boxes					
Adult	Tu	6:30-9:00P	4/16	\$32/32	203608-I1
Norwegian Style Knitting					
Adult	Th	6:30-9:00P	4/25	\$32/32	203608-J1
Watercolor Flowers					
Adult	Th	6:30-8:30P	5/9	\$32/32	203608-K1
Knit & Crochet Market Tote					
Adult	Tu	6:30-9:00P	5/14	\$32/32	203608-L1



Conceptual renderings of new kitchen area. Images not final.

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

Looking for something to do this winter? Drop in with us every Friday beginning January 4th 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: TBA

Age: 55+

Days: Friday

Time: 10AM-Noon

Dates: January 4 – May 17

FREE!

Jan 4th - Coffee and Chat

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

Jan 11th - National Milk Day

Enjoy a glass of white liquid nutrient goodness along with cookies for National Milk Day.

Jan 18th - Yahtzee Day

Shake, rattle and roll with Yahtzee! Challenge your PAARC friends to a friendly game of this classic dice game.

Jan 25th - Social and Movie Day

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

Feb 1st - Arts & Crafts Day

Supplies will be provided for participants to decorate their own Valentine's Day craft.

Feb 8th - Manicure Day

Get ready for Valentine's Day with a FREE manicure courtesy of Pivot Point Bloomingdale.

Feb 15th - Social and Movie Day

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

Feb 22nd - Bingo Day

Four corners or cover all? Various styles will be played. Prizes awarded to winners!

Mar 1st - Coffee and Chat

Enjoy a cup of joe and donuts as you chat with your PAARC friends.

Mar 8th - Uno Fun Friday

How many will you have to draw? What color will you choose? Make sure you yell, "UNO!" when you only have one card left!

Mar 15th - Social and Movie Day

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

Mar 22nd - Bingo Day

Four corners or cover all? Various styles will be played. Prizes awarded to winners!

Mar 29th - Arts & Crafts Day

Supplies are provided for participants to decorate their own Spring craft.

Apr 5th - Coffee and Chat

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

Apr 12th - Scrabble Day

Wow your PAARC friends with your wondrous knowledge of words.

Apr 19th - Social and Movie Day

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

Apr 26th - National Pretzel Day

Supplies are provided for participants to decorate chocolate-covered pretzels in honor of National Pretzel Day. Bonus points if you're from Freeport, IL.

May 3rd - Coffee and Chat

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

May 10th - Arts & Crafts Day

Supplies are provided for participants to decorate their own tie-dye T-shirt to get ready for summer.

May 17th - Social and Movie Day

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



Conceptual renderings of new adult/multipurpose area. Images not final.

