

Line Dancing Fitness

Who says you need a partner to have fun dancing? In this class, all you need is you! Dance to the music of the 50's to current music of today and get a great workout. 103583-ZZ is for Community Appreciation Days. This is a partner program with Art Club (Code #101683)

Location: Aerobics Studio

Instructor: Karen

MIN/MAX: 3/14

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	6:15-7:15P	9/28-11/2	\$55/75	103583-A1
Adult	Th	6:15-7:15P	11/16-12/14*	\$35/55	103583-A2
Adult	Th	6:15-7:15P	9/7	\$0/0	103583-ZZ

*NO CLASS 11/23

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. Participants learn about lines, shading, shadows, and one point perspective. All supplies are included.

Location: Lake Park H.S. East

Instructor: Kathy

MIN/MAX: 4/10

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:00-8:00P	9/6-9/27	\$80/80	103601-A1

Awesome Arts & Crafts 😊

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. Crafts include bath bombs and sugar scrubs, designing your own mug with Sharpies, and fun Fall and Winter crafts.

Location: Lake Park H.S. East

Instructor: Mary Kay

MIN/MAX: 6/25

Age	Day	Time	Date	R/NR Fee	Code #
Bath Bombs and Scrubs					
Adult	Tu	6:00-9:00P	9/19	\$39/39	103639-A1
Sharpie Mugs					
Adult	Tu	6:00-9:00P	10/3	\$39/39	103639-B1
Fence Post Pumpkin					
Adult	Tu	6:00-9:00P	10/17	\$39/39	103639-C1
Vintage Clay Pot Snowman Ornament					
Adult	Tu	6:00-9:00P	11/7	\$39/39	103639-D1



Wine and Canvas Painting

Great for a Girls Night Out! Join us for an evening of canvas painting fun. Each participant is supplied with everything needed to create an acrylic, Christmas Holiday 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 supplied. You bring the wine and friends.

Location: Museum

Instructor: Kellie Biggot

MIN/MAX: 8/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	F	6:00-9:00P	11/10	\$50/50	103609-A1

Sewing 101

Learn sewing machine basics in Pillow-Palooza while making an assortment of throw pillows that add comfort and pizzazz to any room's decor. In Lounge Pants Party, participants learn to sew classic, cozy, lazy day pants. In the last class, learn how to make a quilt out of fabric to add comfort to any room in your home. Supply lists are available at the JRC Front Desk and online at bloomingdaleparks.org.

Location: Lake Park H.S. East

Instructor: Peg

MIN/MAX: 2/5

Age	Day	Time	Date	R/NR Fee	Code #
Pillow-Palooza					
Adult	Th	6:00-8:00P	9/14-9/21	\$88/88	103644-A1
Lounge Pants Party					
Adult	Th	6:00-8:00P	9/28-10/5	\$88/88	103644-A2
Learn to Quilt					
Adult	Th	6:00-8:00P	10/12-10/19	\$88/88	103644-A3



Bridge Club

Wednesday 6-8PM
Cody/Hills Room(s)
172 S. Circle Ave.

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 InfinityWealth 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	9/27-10/4	\$49/49	103642-A1
Adult	Sa	9:00-12:00P	9/30-10/7	\$49/49	103642-A2

Goodbye to Antacids

Do you suffer from heartburn, acid reflux, indigestion or other digestive issues? Learn exercises that have the potential to deal with the problem at the root cause and eliminate it. All exercises are gentle, easy to remember and highly effective. They can be done both standing and seated, making the class suitable for everyone.

Location: Lake Park H.S. East

Instructor: John Robertson

MIN/MAX: 6/99

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:00-9:00P	11/8	\$30/30	103698-A1

Bloomingdale Horizon

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



1-2-3 Magic for Parents

"1-2-3 Magic" author and internationally renowned expert and lecturer on child discipline and ADD, Dr. Thomas W. Phelan, takes a humorous look at parenting and a serious look at discipline in this workshop on effective discipline for children ages 2-12. Participants learn simple yet powerful techniques to 1) control obnoxious behavior, 2) encourage good behavior, and 3) strengthen relationships with your child. Discounted and signed books are available following the seminar. Bring your child's other parent or caregiver free with your paid enrollment. A member of both the Illinois and American Psychological Associations, Dr. Phelan appears frequently on both television and radio and has worked with children, adults, and families for over 35 years.

Location: Lake Park H.S. East

Instructor: Tom

MIN/MAX: 15/99

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	7:00-8:00P	9/13	\$32/32	103602-A1

Rules of the Road

The Secretary of State comes to active adults (age 62+) at the JRC. Take a Rules of the Road course to review safe driving techniques and Illinois driving laws. Lights snacks will be available.

Location: Community Room

Instructor: Secretary of State

MIN/MAX: 10/99

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	10:00-12:00P	9/25	\$0/0	103603-A1



Bingo

Thursdays

1-4PM in the Multi Purpose Room

Bingo cards are \$1 each



Don't Stress Out!

Stress could be called the plague of the 21st century. It 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: Lake Park H.S. East

Instructor: John Robertson

MIN/MAX: 6/99

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:00-9:00P	12/6	\$30/30	103604-A1

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 Robertson

MIN/MAX: 6/99

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:00-9:00P	10/4	\$30/30	103605-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: 2/4

Age	Day	Time	Date	R/NR Fee	Code #
Ballroom 1					
Adult	Th	8:30-9:30P	10/5-11/9	\$48/68	103607-A1
Ballroom 2					
Adult	Th	7:15-8:15P	10/5-11/9	\$48/68	103608-A1



Gluten Free, Is it right for me? New!

Gluten free, is it healthy or not? If you're confused with all the gluten-free hype, learn the pros and cons of going gluten free and decide if it's 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: Lake Park H.S. East

Instructor: Roula, My Healthy Soma

MIN/MAX: 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	6:00-8:00P	10/23	\$50/50	103612-A1

Active Lifestyle & Memory Care New!

Can't find your car keys? Forget what's on your grocery list? Can't remember someone's name? You are not alone. Come and join the fun in learning how to have an active lifestyle and memory.

Location: Community Room

Instructor: Cheryl Ghassan

MIN/MAX: 4/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	10:00-11:30A	9/19	\$0/0	103613-A1

RTA Mobility Services New!

Public transportation is an accessible and affordable choice! Sarah Blair, Mobility Outreach Coordinator with Regional Transportation Authority will discuss accessibility features on buses/trains, trip planning and safety tips for traveling. Additionally, she will provide information on RTA's one-on-one Travel Training program, Ventra, RTA's Ride Free and Reduced Fare Programs, and transportation options in your area. Sarah will also answer any questions and process RTA Reduced Fare cards for eligible participants. Registration is required.

Location: Community Room

Instructor: Sarah Blair

MIN/MAX: 5/25

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	10:00-11:30A	11/6	\$0/0	103614-A1

About Chef Pina



Trained in Italy and Belgium, Chef Giuseppa (Pina) Crispulli 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. 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. 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 #
Individuals					
Adult	W	4:30-7:30P	9/13	\$42/42	103625-A1
Adult	W	4:30-7:30P	10/11	\$42/42	103625-A2
Adult	W	4:30-7:30P	11/8	\$42/42	103625-A3
Adult	W	4:30-7:30P	12/13	\$42/42	103625-A4
Couples					
Adult	W	4:30-7:30P	9/13	\$75/75	103625-B1
Adult	W	4:30-7:30P	10/11	\$75/75	103625-B2
Adult	W	4:30-7:30P	11/8	\$75/75	103625-B3
Adult	W	4:30-7:30P	12/13	\$75/75	103625-B4

Italian Cooking Classes

NEW LOW PRICE!

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	11/1	\$42/42	103637-B1
Solely Mediterranean					
Adult	W	6:00-9:00P	11/15	\$42/42	103637-B2
Only Italian Seafood					
Adult	W	6:00-9:00P	11/29	\$42/42	103637-B3
From Tuscany to You					
Adult	W	6:00-9:00P	12/6	\$42/42	103637-B4
All Four Classes					
Adult	W	6:00-9:00P	11/1-12/6*	\$148/148	103637-B5

*NO CLASS 11/8, 11/22

Chef Pina's Cooking Classes

NEW LOW PRICE!

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 #
Not Just Soup Night					
Adult	F	6:00-9:00P	9/1	\$42/42	103638-A1
Community Appreciation Days					
Adult	Tu	6:00-7:30P	9/5	\$0/0	103638-ZZ
The World's Poultry					
Adult	F	6:00-9:00P	9/8	\$42/42	103638-A2
Old/New World Pizza					
Adult	F	6:00-9:00P	9/15	\$42/42	103638-A3
Fresh Bread Friday					
Adult	F	5:00-9:00P	9/22	\$67/67	103638-A4
Fresh Bread Saturday					
Adult	Sa	10:00-2:00P	9/23	\$67/67	103638-A5
Comforting Stews					
Adult	F	6:00-9:00P	9/29	\$52/52	103638-A6
Men Only Night					
Adult	F	6:00-9:00P	10/6	\$42/42	103638-A7
Exciting Vegetarian					
Adult	F	6:00-9:00P	10/13	\$47/47	103638-A8
Parent & Child Class					
Adult	F	6:00-9:00P	10/20	\$42/42	103638-A9
Cookies of Italy/USA					
Adult	F	6:00-9:00P	11/3	\$42/42	103638-C1
A Seafood Experience					
Adult	F	6:00-9:00P	11/10	\$62/62	103638-C2
4 the Love of Sauce					
Adult	F	6:00-9:00P	11/17	\$47/47	103638-C3
Post Holiday Salads					
Adult	F	6:00-9:00P	12/1	\$42/42	103638-C4
Singles Only Night					
Adult	F	6:00-9:00P	12/8	\$42/42	103638-C5
Brunch to Impress					
Adult	F	6:00-9:00P	12/15	\$42/42	103638-C6

Holiday Cookie Bake & Exchange 😊

Time during the holiday season is extra precious. Why waste days of it in your own kitchen preparing for and baking cookies when you can get the bulk of your holiday baking done in just three hours in our kitchen 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

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.

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: Sept. 8 - Dec. 15

September 8 – Breakfast BINGO (10-11AM)

Join fellow PAARC members for a light continental breakfast and a friendly game of BINGO. Call Nicole (630-339-3572) to reserve your spot.

September 22 - National Ice Cream Cone Day

One scoop? Two scoops? Triple-decker! Join your PAARC friends for a tasty treat on National Ice Cream Cone Day.

September 29 - Social and Movie Day

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

October 6 - Canvas Painting Party

Bring an apron or an old T-shirt and paint your masterpiece with us. Snacks and refreshments are provided to help inspire your creative side.

October 13 - Farkel Party Friday

Challenge your PAARC friends to a game of Farkel. What's Farkel? It's a dice game also known as, or is similar to, 1000/5000/10000, Cosmic Wimpout, Greed, Hot Dice, Squelch, Zilch, Zonk, or Darsh.

October 20 – Pumpkin Decorating Day

Prep for Halloween by performing a pumpkin lobotomy and associated cosmetic surgery! We'll provide the mini pumpkins and necessary supplies.

October 27 - Social and Movie Day

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

November 3 - Live Entertainer

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

November 10 - National Vanilla Cupcake

Create a once-in-a-lifetime cupcake using our abundance of delectable ingredients. Frosting, sprinkles and assorted candy are just a few of the options.

November 17 - Arts & Crafts Day

Supplies will be provided for participants to decorate a Fall themed craft.

December 1 - Arts & Crafts Day

Supplies will be provided for participants to make a Winter themed Craft.

December 8 - National Brownie Day

Taste test various types of your favorite brownies in honor of National Brownie Day!

December 15 - Social and Movie Day

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

