

Zumba

Looking for a fun and exciting way to tone and sculpt your body? Zumba is salsa, cha cha, merengue, hip rolls and shimmies together with high energy Latin and international music. Instructor guides you through a series of unique moves and combinations, providing a great workout. No dance experience is necessary. Drop-in rate is \$10R/\$13NR. Senior drop-in rate is \$9R/\$11NR.

Location: Westfield Gym
Instructor: Staff

MIN/MAX: 5/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	6:10-7:10P	6/12-8/7	\$75/95	403530-A1

Zumba Gold

Dance your way to a fitter and healthier you! Zumba Gold is a slower-paced, low-impact version of a classic Zumba class that's just as fun! Optimal for the active mature adult and exercise beginner, Zumba Gold combines a variety of Latin and international rhythms with an easy-to-follow workout. No dance experience is necessary. Please wear comfortable exercise clothing and bring a hand towel and water bottle. Receive a 20% discount for ages 62+. Receive a 15% discount if you sign up for both days per session. This discount is already reflected in the price listed. Drop-in rate is \$9/11. Senior rate is \$8/10.

Location: Westfield Gym
Instructor: Crista Buckley

MIN/MAX: 5/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	9:30-10:45A	6/12-8/7*	\$56/76	403538-A1
Adult	Th	9:00-10:15A	6/14-8/9*	\$50/70	403538-A2

*NO CLASS 7/3, 6/28, 7/5

Hatha Yoga

Let go of your busy day by relaxing your mind, body and spirit with gentle yoga poses, meditation and breathing exercises. Beginners and drop-ins are welcome! Please bring a water bottle and yoga mat to class. Drop-in rate is \$12R/\$16NR.

Location: Westfield
Instructor: Julie, RYT

MIN/MAX: 3/18

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	7:15-8:15P	6/5-8/28	\$143/163	403550-A1

Hatha Flow Yoga

Strengthen your body, calm your mind and learn how to lead with your heart as you mindfully flow through this inspiring practice, which integrates yoga poses, meditation and breathing exercises. Beginners and drop-ins are welcome! Please bring a water bottle and yoga mat to class. Drop-in rate is \$12R/16NR.

Location: Westfield
Instructor: Julie, RYT

MIN/MAX: 3/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	7:15-8:15P	6/7-8/30	\$143/163	403587-A1

Westfield Walking Track

Get Moving. Get in Shape. Get Healthy. Feel Great!

Did you know the Westfield Walking Track is free for residents of Bloomingdale?

The track consists of two lanes. The inside lane is for walkers and the outside lane is for runners/joggers. 15 laps=1 mile.

All persons using the indoor track must have a photo ID to show residency. Non-residents must purchase a pass at the Johnston Recreation Center. Passes are good for one year from the date of purchase.

Fee: Free resident/\$30 non-resident

Hours of Operation (beginning June 1)

(subject to change)

Monday-Thursday	Friday	Saturday-Sunday
6:30-8AM 4-10PM	6:30-8AM 4-9PM	8AM-12PM

500 Mile Club

\$10 to join

The Westfield staff keeps a record of miles walked for each member. Club members receive a 500 Mile Club T-shirt upon achieving

Tai Chi Ch'uan

Through practice, your mind can achieve a stillness and clarity rarely experienced with other forms of exercise, integrating your body, mind and spirit and allowing you to achieve inner peace. This class helps you develop a harmony with the world on a physical, mental, emotional and ultimately, spiritual level. This calmness pervades your whole body, leaving you less stressed and more refreshed at the end of the day. Practice strengthens the immune system, improves posture, balance, coordination, flexibility and strength, reduces blood pressure and stress, and releases tension allowing a feeling of positive energy to flow through your body.

Location: Roselle Park District
Instructor: John

MIN/MAX: 5/10

Age	Day	Time	Date	R/NR Fee	Code #
Beginners					
Adult	Th	9:00-10:00A	7/19-8/30	\$77/97	403573-A1
Continuing					
Adult	Th	9:00-10:30A	7/19-8/30	\$97/117	403573-B1

Tai Chi for Health

Tai Chi is a gentle, beautiful and flowing exercise routine that is a joy to perform. Gentle rocking and stretching movements improve circulation and digestion while reducing blood pressure and physical tension. Participants may choose to sit or stand as needed.

Location: Wood Dale Rec. Cent
Instructor: John

MIN/MAX: 5/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	11:00-12:00P	7/19-8/30	\$77/97	403558-A1
Adult	Th	11:00-12:00P	7/19-8/30	\$77/97	403558-B1

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. This is a partner program with Art Club (#402700).

Location: Westfield Gym
Instructor: Karen

MIN/MAX: 3/14

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	6:15-7:15P	6/14-8/9	\$75/95	403578-A1

Express Sculpt

This class tones and strengthens your entire body. Participants use few props and transition through exercises quickly to keep their heart rates elevated and condition their entire body in a short amount of time. Drop-in rate is \$10R/\$12NR; senior drop-in rate is \$7R/9NR.

Location: Westfield Small Gym
Instructor: Vanessa Mackay

MIN/MAX: 5/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	12:10-12:50P	6/11-7/23*	\$56/76	403581-A1
Adult	W	12:10-12:50P	6/13-7/25*	\$48/68	403581-A2

*NO CLASS 7/2, 7/4

R.I.P.P.E.D

Experience the total body "plateau proof fitness formula" workout. Utilizing free weights, bodyweight and cardio training, RIPPED masterfully combines resistance, intervals, power, plyometrics and endurance to help maintain your physique in ways that are fun, safe and extremely effective! Burn up to 800 calories per class! Class is for all levels. Try this class for FREE on June 1. Drop-in rate is \$10R/\$12NR. Senior drop-in rate is \$7R/\$9NR.

Location: Westfield Gym
Instructor: Vanessa Mackay

MIN/MAX: 5/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	7:15-8:15P	6/14-7/26*	\$56/76	403585-A1

*NO CLASS 7/6

PiYo

No weights or jumps – just hardcore results. PiYo combines the muscle-sculpting, core-firming benefits of pilates with the strength and flexibility advantages of yoga. This fat-burning, low impact workout leaves your body long, lean and incredibly defined. Please bring a mat to class. Drop-in rate is \$10R/\$12NR; senior drop-in rate is \$7R/\$9NR.

Location: Westfield Small Gym
Instructor: Vanessa Mackay

MIN/MAX: 5/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	5:00-6:00P	6/12-7/24	\$56/76	403590-A1
Adult	F	12:30-1:30P	6/15-7/27	\$56/76	403590-B1

Lose Weight and Move Better **New!**

It can be difficult to maintain our waistline and keep up healthy habits over the summer but Chiropractic Physician, Dr. Erin Ducat, will share some practical ways on how to shed unhealthy weight and improve joint health without gimmicks or fad diets. She will discuss practical changes that make a big difference in your diet, how to integrate exercise into your lifestyle and why it's important to not only move often but to move well. Exercise band, handouts and online video resources are included in the class fee.

Location: Roselle Park District
Instructor: Dr. Erin Ducat

MIN/MAX: 5/10

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	7:00-8:00P	7/11	\$15/20	403591-A1

Keep your Back Happy **New!**

Garden-related back and joint injuries spike every spring as we start to venture out into our yards and gardens. Dr. Erin Ducat, a Bloomingdale chiropractor and exercise specialist, shows how most gardening injuries occur, what to watch out for and how to reduce the risk of injury. She teaches stretches and exercises to do at home in order to be pain free. Exercise band, handout and online video resources are included in the class fee.

Location: Roselle Park Dist
Instructor: Dr. Erin Ducat

MIN/MAX: 5/10

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	7:00-8:00P	6/13	\$15/20	403592-A1



Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results – fast. It's a calorie-torching, hip-swiveling dance party with a hot playlist to distract you from the burn. Start anytime you choose! Registration is taken by Jazzercise at the class. New students should arrive a minimum of 10 minutes before class. Jazzercise is fun, easy and you'll love the results! For more information, contact Karen Eisentraut at (630) 666-0760 or kareneisentraut@gmail.com.

@ Medinah Park District

Monday/Tuesday/Wednesday/Thursday/Friday/Saturday
8:45AM

Monday/Wednesday
4:30PM

Tuesday/Thursday
6:00PM

Summer Special:

\$139 for 3 months of unlimited Jazzercise

\$25 Joining Fee

\$45 Month auto payment for unlimited classes (12 months)

\$10 One-day Pass

Bloomington Golf Club

Bloomington Golf Club offers a variety of adult and junior lessons. Register in person at the golf shop. Find the registration form online at www.bloomingtongolfclub.com. Registration is currently being accepted. You will need to bring golf clubs to each class. If you do not have golf clubs, please inform the golf pro in advance. Classes meet at Bloomington Golf Club practice range. For more information, call BGC at (630) 529-6232.

Junior Golf Lessons

Bloomington Golf Club offers a summer Junior Golf School taught by its PGA golf professional staff. The program is structured around the basic fundamentals of the golf swing, rules and etiquette of the game, safety and fun contests. The objective is to provide juniors a good start to a game that can be played and enjoyed for a lifetime.

Little Hitters

Age	Days	Time	Date	Fee
5-7	Tu,W,Th	11:00-11:50A	6/5-6/14	\$70
5-7	Tu,W,Th	11:00-11:50A	6/19-6/28	\$70
5-7	Tu,W,Th	11:00-11:50A	7/10-7/19	\$70

Beginner/Intermediate

Age	Days	Time	Date	Fee
8-15	Tu,W,Th	8:00-9:15A	6/5-6/28	\$150
8-15	Tu,W,Th	8:00-9:15A	7/10-8/2	\$150

Mixed Adult Clinics

Bloomington Golf Club offers three sessions of adult clinics throughout the 2018 season. Classes are geared toward individuals who have little to some basic golf knowledge. Areas covered are gripping the golf club correctly; proper aim and stance; body positioning before, during and after the swing; and course make-up, rules and etiquette. Instruction includes woods, irons, chipping and putting. On-course instruction takes place depending on course availability.

Adult

Age	Days	Time	Date	Fee
16&up	Tu	6:00-7:15P	5/24-6/25	\$125
16&up	Tu	6:00-7:15P	6/5-7/10*	\$125
16&up	Tu	6:00-7:15P	7/17-8/14	\$125

*NO CLASS 7/3

Forms may be obtained and filled out by visiting www.bloomingtongolfclub.com or stopping in at our golf shop. You may also register online by going to www.pga.com and clicking on the tab "Play Golf America."

On days of inclement weather, please contact the golf shop at (630) 529-6232 to find out if the day's session has been cancelled. If needed, the Friday of each week will be a make-up rain date.

For any additional information, contact PGA Head Golf Professional Dave Shallcross or Assistant Golf Professional Paul Scheffert at (630) 529-6232.

See page 3 for registration locations and hours.

Moving Moms



Calling all moms! Drop your child off at our Sensory Art in the Park Series and get moving with us! Feel free to bring a stroller or wagon if needed. We will walk and talk and get in shape together. Water and a healthy snack are provided. This is a partner program with Sensory Art in the Park (Code #401125-A1). Preregistration is required. A1 located at Old Town Park, A2 at Springfield Park and A3 at Lakeview Park.

Location: See Below

Instructor: Staff

MIN/MAX: 6/20

Age	Day	Time	Date	R/NR Fee	Code #
Old Town Park					
Adult	Sa	9:00-10:30A	6/9	\$5/10	403656-A1
Springfield Park					
Adult	Sa	9:00-10:30A	7/21	\$5/10	403656-A2
Lakeview Park					
Adult	Sa	9:00-10:30A	8/11	\$5/10	403656-A3



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 Bloomington Public Library. Please bring a water bottle. Books can be picked up at the BPD Museum after May 1 or you may bring your own book. June book: Station Eleven by Emily St. John Mandel; July book: Shadow Divers: The True Adventure of Two Americans who risked everything to solve one of the last mysteries of World War II by Robert Kurson; August book: A Man Called Ove by Fredrik Backman; September book: My Brilliant Friend by Elena Ferrante.

Location: Circle Park

Instructor: Erin

MIN/MAX: 3/10

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sa	9:00-10:30A	6/16	\$0/0	403679-A1
Adult	Sa	9:00-10:30A	7/14	\$0/0	403679-B1
Adult	Sa	9:00-10:30A	8/18	\$0/0	403679-C1
Adult	Sa	9:00-10:30A	9/8	\$0/0	403679-D1

adult fitness & sports

Zumba Toning **New!**

Take your Zumba workout to the next level with lightweight resistance training! This class adds Zumba® Toning Sticks (or light weights) to help you focus on specific muscle groups and stay engaged! This class targets upper body, lower body and core through dance movement and controlled repetitions. Drop-in rate is \$8R/\$10NR.

Location: Westfield Small Gym

Instructor: Crista

MIN/MAX: 5/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	6:00-7:00P	6/11-8/6*	\$56/76	403593-A1

*NO CLASS 7/4

HIIT/Tabata **New!**

According to a study by the ACSM, just 2 weeks of high intensity interval training improves your aerobic capacity as much as 6-8 weeks of endurance training! HIIT alternates specific work/rest intervals providing an insanely effective workout. Class is held at Hit It! Fitness in Roselle located at 800 Lake Street in Roselle.

Location: Hit It! Fitness

Instructor: Constance Barker

MIN/MAX: 1/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	5:30-6:30A	6/6-6/27	\$60/80	403595-A1
Adult	W	5:30-6:30A	7/11-8/1	\$60/80	403595-A2
Adult	W	5:30-6:30A	8/8-8/29	\$60/80	403595-A3
Adult	Th	6:15-7:15P	6/7-6/28	\$60/80	403595-B1
Adult	Th	6:15-7:15P	7/12-8/2	\$60/80	403595-B2
Adult	Th	6:15-7:15P	8/9-8/30	\$60/80	403595-B3

Boxing Bootcamp **New!**

Increase your speed, agility and strength in this interval style bootcamp class utilizing boxing bags, mitts, jumprope and speed drills. Class is held at Hit It! Fitness in Roselle located at 800 Lake Street.

Location: Hit It! Fitness

Instructor: Constance Barker

MIN/MAX: 1/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	9:30-10:30A	6/7-6/28	\$60/80	403596-A1
Adult	Th	9:30-10:30A	7/12-8/2	\$60/80	403596-A2
Adult	Th	9:30-10:30A	8/9-8/30	\$60/80	403596-A3



Taekwondo

Taekwondo is a 2000-year-old martial art that offers a variety of benefits for people of all ages and physical abilities. Students have the opportunity to improve concentration and self-esteem, achieve lifelong physical fitness and learn self-defense skills. Restricted to high school students and older, this program concentrates on Taekwondo techniques through the study of forms and stances and the skills of punching, kicking and blocking.

Location: Stratford H23

Instructor: KH KIM Taekwondo

MIN/MAX: 4/10

Age	Day	Time	Date	R/NR Fee	Code #
14-Adult	Sa	1:10-2:00P	6/16-8/25	\$105/127	403105-A1

MixedFit Fitness

MixedFit is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. Dance to your favorite songs as we add boot-camp inspired exercises to make your workout more effective and challenging. No equipment is needed. Choreography is not complex or difficult. Drop-in rate is \$11R/\$16NR.

Location: Westfield Gym

Instructor: MixedFit Fitness

MIN/MAX: 3/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:00-7:00P	6/20-7/18*	\$40/60	403598-A1
Adult	W	6:00-7:00P	7/25-8/15*	\$40/60	403598-A2

*NO CLASS 7/4



IPRA Six-County Senior Games

Day / Date: July 9-20

Fee: \$16 single day / \$22 for two or more days (some events require additional fees)

Ages: 50 years and older

Join active adults ages 50 and better at the Six County Senior Games being held in the Chicago area. Twenty different events have been scheduled and include team events such as softball and volleyball as well as pickle ball, track and field, swimming, golf, bowling, table tennis, tennis, billiards, trap shoot and more. All participants receive a Senior Games T-shirt. Medals are awarded for winners for each event in five-year age categories. Entry fees are \$16 for single day or \$22 for two or more days. Some events include additional fees.

Entry forms will be available after May 10. Call your local park district or senior center to learn more. The Six County Senior Games is a function of the Illinois Park and Recreation Association.

Happy Trails **Free!**

Take a stroll and bring the family! Explore one of our beautiful parks while learning fun facts about Bloomingdale and the surrounding areas. Enjoy a fun-themed craft at the end of the evening. Pre-register and receive a one-day complimentary guest pass for The Oasis Water Park. Registration deadline is one week prior to the event. Drop-ins are welcome. Weather permitting. Please meet at the playground.

Location: Springfield Park
Instructor: Staff

MIN/MAX: 6/25

Age	Day	Time	Date	R/NR Fee	Code #
Springfield Park					
All	W	6:30-7:30P	6/13	\$0/0	403698-A1
Seasons 4 Park					
All	W	6:30-7:30P	6/20	\$0/0	403698-A2
Circle Park					
All	W	6:30-7:30P	6/27	\$0/0	403698-A3
Erie Park					
All	W	6:30-7:30P	7/11	\$0/0	403698-B1
Leslie Park					
All	W	6:30-7:30P	7/18	\$0/0	403698-B2

Co-Rec 16" Softball

Get the gang together for softball fun this summer. Teams play an eight-game schedule plus playoffs. Trophy is awarded for regular season and playoff champion. Teams play at the newly-renovated Springfield Park Ball Field Complex. Contact chris@bloomingdaleparks.org for questions.

Location: Springfield Park
Instructor: Staff

MIN/MAX: 4/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	6:30-9:30P	6/12-8/14*	\$525/575	403321-A1

*NO CLASS 7/3



Aqua Bootcamp

Get your cardio and toning at the same time! Strengthen abs, arms and legs while getting your heart pumping. Drop in rate is \$12R/\$16NR

Location: Westlake Pool
Instructor: Lee Anne

MIN/MAX: 5/12

Age	Day	Time	Date	R/NR Fee	Code #
AM					
Adult	Tu,Th	9:00-10:00A	6/5-7/12	\$135/155	405404-A1
Adult	Tu	9:00-10:00A	6/5-7/10	\$69/89	405404-A2
Adult	Th	9:00-10:00A	6/7-7/12	\$69/89	405404-A3
Adult	Tu,Th	9:00-10:00A	7/24-8/30	\$135/155	405404-B1
Adult	Tu	9:00-10:00A	7/24-8/28	\$69/89	405404-B2
Adult	Th	9:00-10:00A	7/26-8/30	\$69/89	405404-B4
PM					
Adult	Tu,Th	6:00-7:00P	6/5-7/12	\$135/155	405406-A1
Adult	Tu	6:00-7:00P	6/5-7/10	\$69/89	405406-A2
Adult	Th	6:00-7:00P	6/7-7/12	\$69/89	405406-A3
Adult	Tu,Th	6:00-7:00P	7/24-8/30	\$135/155	405406-B1
Adult	Tu	6:00-7:00P	7/24-8/28	\$69/89	405406-B2
Adult	Th	6:00-7:00P	7/26-8/30	\$69/89	405406-B3

Roselle Park District Fitness Center

555 W Bryn Mawr Ave, Roselle, IL 60172

(630) 894-4200

www.rparks.org

Through a cooperative agreement with the Roselle Park District, its Fitness Center is now available to Bloomingdale residents at a non-resident discounted rate. Fitness Center memberships must be purchased at the Roselle Park District.

Annual Membership	\$185
Month-to-Month Membership	\$45
Daily Fee	\$8

*Discounts available for Seniors (55 & up) and Corporate Groups

ID Cards – All members will be issued a fitness identification card. Members will be required to scan in their card when using the Fitness Center or Open Gym.

*Members 14 and 15 years old wishing to purchase a Fitness Membership must complete a mandatory fitness orientation.

**Daily Fees – All daily fee users must be 14 years or older and have a waiver signed by a guardian 18 years or older each visit. Daily fees are paid in the Fitness Center.

***Locker Rentals – Daily use of a locker is available at no charge. Please bring your own lock. All daily use locks must be removed when you leave the building.

See page 3 for registration locations and hours.

The Labyrinth: Center of Self

Experience relief from the stressors of daily life and solve problems using this relaxing, meditative technique. In this introductory session, participants are invited to gather around the sacred geometry of the Labyrinth to experience the 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, 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.

Location: Westfield Room 306

Instructor: John Robertson

MIN/MAX: 6/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:00-9:00P	8/1	\$30/30	403601-A1

Pine and Wine New!

Great for a Girls Night Out! Join us for an inspirational night painting your very own wood home decoration with vinyl lettering. Each participant is supplied with everything needed to create their own masterpiece! Different design options are available. Bring an apron or old T-shirt as paints can stain. Snacks and glasses also supplied. Participants bring the wine and friends. Use code A2 if you would like to create more than one sign.

Location: Museum

Instructor: Christy, Life Expressions Decor

MIN/MAX: 5/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	F	6:00-9:00P	6/29	\$35/35	403616-A1

Additional Sign

Adult	F	6:00-9:00P	6/29	\$28/28	403616-A2
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Struggling to Lose Weight? New!

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

Location: Westfield Room 306

Instructor: Roula Marinos Papamihail

MIN/MAX: 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	8:00-2:00P	8/6	\$50/50	403618-A1



Gluten Free... Is it right for me?

Gluten free, is it healthy or not? If you're confused with all the gluten-free hype, come learn the pros AND cons of going gluten free and decide if its 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: Westfield Kitchen

Instructor: Roula Marinos Papamihail

MIN/MAX: 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	6:00-8:00P	6/18	\$50/50	403617-A1

Hanging Globe Terrarium

Get in on the latest craze and create your own stunning terrarium! You don't have to have a green thumb, as instructors walk participants through every step. Each participant is given a 6" hanging globe, live plants and decorations to make it their own. These unique planters look amazing anywhere in your home or office.

Location: Westfield Room 306

Instructor: Christine, Thirsty Gardener

MIN/MAX: 5/10

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sa	7:00-9:00P	6/16	\$37/37	403619-A1



Bridge Club

Monday, 6-8:00PM

Cody/Hills Room(s)

172 S. Circle Ave., Bloomington

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

Looking for something to do this summer? Drop in at the BPD Museum (unless otherwise noted) every Friday beginning May 25th 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 (unless specified).

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: Museum

Age: 55+

Days: Friday

Time: 10AM-Noon

Dates: May 25 - August 17

May 25 – Arts & Crafts Day

Supplies are provided for participants to design a summertime-themed craft.

June 1 – Coffee and Chat

Join your PAARC friends on the first Friday of every month to catch up and enjoy a cup of coffee.

June 8 – Brain Teaser Day

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

June 15 – Social and Movie Day

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

June 22 – Arts & Crafts Day*

Supplies are provided for participants to design a 4th of July themed craft.

June 29 – Lunch Bunch*

FREE food to celebrate July 4th! Join a terrific bunch of people for a patriotic lunch. Celebration is 11 a.m. to 1 p.m. Pre-registration is required for this event. Contact Nicole to register.

July 6 – Bloomingdale Rocks*

Join in the Bloomingdale Rocks painting fun. Contact Nicole for more information.

July 13 – Coffee and Chat*

Join your PAARC friends on the first Friday of every month to catch up and enjoy a cup of coffee.

July 20 – Bingo Day*

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

July 27 – Coloring for Adults

Be a kid again and join in on the new craze of adult coloring.

August 3 – Social and Movie Day

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

August 10 – Coffee and Chat

Join your PAARC friends on the first Friday of every month to catch up and enjoy a cup of coffee.

August 17 – Social and Movie Day

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

* At Bloomingdale Fire Department, 179 S. Bloomingdale Road



Due to the JRC renovation this summer, PAARC will be located at the BPD Museum, 108 S. Bloomingdale Road.

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: Westfield Kitchen

Instructor: Chef Pina

MIN/MAX: 8/15

Age	Day	Time	Date	R/NR Fee	Code #
Individuals					
Adult	W	4:30-7:30P	6/13	\$42/42	403639-A1
Adult	W	4:30-7:30P	7/11	\$42/42	403639-A2
Adult	W	4:30-7:30P	8/8	\$42/42	403639-A3
Couples					
Adult	W	4:30-7:30P	6/13	\$75/75	403639-B1
Adult	W	4:30-7:30P	7/11	\$75/75	403639-B2
Adult	W	4:30-7:30P	8/8	\$75/75	403639-B3

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: Westfield Kitchen

Instructor: Chef Pina

MIN/MAX: 8/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:00-9:00P	6/20-6/27	\$84/84	403638-A1



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: Westfield Kitchen

Instructor: Chef Pina

MIN/MAX: 8/20

Age	Day	Time	Date	R/NR Fee	Code #
Introduction					
Adult	W	6:00-9:00P	6/6	\$42/42	403655-B1
Solely Mediterranean					
Adult	W	6:00-9:00P	7/18	\$42/42	403655-B2
Only Italian Seafood					
Adult	W	6:00-9:00P	7/25	\$42/42	403655-B3
From Tuscany to You					
Adult	W	6:00-9:00P	8/1	\$42/42	403655-B4
All Four Classes					
Adult	W	6:00-9:00P	6/6-8/1*	\$148/148	403655-B5

*NO CLASS 6/13, 6/20, 6/27, 7/4, 7/11

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 that you won't forget. Bring a container for leftovers. Fresh Bread Saturday on 6/23 is a partner program with Bloomingdale Rocks (#402626-A1).

Location: Westfield Kitchen

Instructor: Chef Pina

MIN/MAX: 8/20

Age	Day	Time	Date	R/NR Fee	Code #
Not Just Soup					
Adult	F	6:00-9:00P	6/1	\$42/42	403662-A1
The World's Poultry					
Adult	F	6:00-9:00P	6/8	\$42/42	403662-A2
Old/New World Pizza					
Adult	F	6:00-9:00P	6/15	\$42/42	403662-A3
Fresh Bread Friday					
Adult	F	5:00-9:00P	6/22	\$67/67	403662-A4
Fresh Bread Saturday					
Adult	Sa	10:00-2:00P	6/23	\$67/67	403662-A5
Comforting Stews					
Adult	F	6:00-9:00P	6/29	\$52/52	403662-A6
Post-Holiday Salads					
Adult	F	6:00-9:00P	7/6	\$42/42	403662-A7
4 the Love of Sauce					
Adult	F	6:00-9:00P	7/13	\$47/47	403662-A8
Parent/Child Class					
Adult	F	6:00-9:00P	7/20	\$42/42	403662-A9
Brunch to Impress					
Adult	F	6:00-9:00P	7/27	\$42/42	403662-C1
Cookies of Italy/USA					
Adult	F	6:00-9:00P	8/3	\$42/42	403662-C2
A Seafood Experience					
Adult	F	6:00-9:00P	8/10	\$62/62	403662-C3

Sand Art Terrarium

You are never too old to play in the sand! This parent/grandparent and child class teaches participants how to create their own terrarium using different colors of sand. Each participant receives 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. Use code A2.

Location: Westfield Room 306
Instructor: Christine, Thirsty Gardner **MIN/MAX: 6/10**

Age	Day	Time	Date	R/NR Fee	Code #
6-12	Sa	1:00-3:00P	8/4	\$55/55	402617-A1
Additional Child					
6-12	Sa	1:00-3:00P	8/4	\$18/18	402617-A2

Making College Affordable New! FREE! 😊

This unique workshop covers little known strategies not covered in regular college planning workshops. Don't miss the opportunity to learn new strategies available to families for planning, saving, or paying for college – strategies that can save you 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: Westfield Room 306
Instructor: My College Planning Team **MIN/MAX: 5/25**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	7:00-8:30P	6/21	\$0/0	403643-A1

Vacationers French 😊 🤝

Are you planning a trip to France? Want to learn the basics of the language to get you around? This is the class for you! We will stick to only that which you need to know for your vacation! Bonjour!

Location: Westfield Room 306
Instructor: Christine S. **MIN/MAX: 5/14**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	4:45-5:45P	6/12-7/17*	\$156/166	403680-A1

*NO CLASS 7/3

Garden Club Spring Sale

May 4, 9AM-6PM
May 5, 9AM-3PM

**@ Springfield Park Maintenance
Garage**

Featuring:

- Nursery-grown annuals
- Hanging baskets
- Geraniums
- Grasses
- Perennials from members' gardens
- Master Gardener Help Desk
- Herbs, vegetables, accent plants and perennials

Visit www.bloominglegardenclub.org or contact bloominglegardenclub@gmail.com for more information. Visitors are always welcome.

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. He is also a reflexologist, healer, and ordained minister.

Location: Westfield Room 306
Instructor: John Robertson **MIN/MAX: 6/25**


Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:30-8:30P	6/6	\$15/15	403644-A1

Bloominglegardenclub Horizon

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



Grandparent Gardening Day

Bring your grandparents out for a nature adventure! Participants play games, go on a scavenger hunt, and create a mini garden to take home. Pizzo & Associates join the group for a tour of the Springfield Park Wetlands, currently undergoing a restoration. Fee is per child. Grandparents are free. Registration deadline is July 1.

Location: Springfield Pavilion

Instructor: Staff

MIN/MAX: 8/12

Age	Day	Time	Date	R/NR Fee	Code #
5-12	Sa	10:45-12:45P	7/14	\$18/23	403600-A1



Learn to Play Bridge 😊

Have fun joining other beginners in learning what is considered by some to be the greatest card game of all, and one that can provide immense challenge and enjoyment for the rest of your life. This six-week class is for people who have never played bridge before or played a long time ago and want to come back to the game. It will also be helpful for people who play bridge and would like to refresh and refine their bidding and play-of-hand skills. Standard American Yellow Card (SAYC) bidding system will be used in this class. A \$15 book fee is included in the registration cost. Darina Demirev has been an American Contract Bridge League Accredited Teacher since 2004. Book fee is included in registration costs.

Location: Westfield Room 306

Instructor: Darina

MIN/MAX: 8/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	6:00-8:00P	6/12-7/17	\$105/105	403663-A1

See page 3 for registration locations and hours.

Monday Funday Trips

Let's shop til we drop! Trip includes travel only. Lunch is on your own. Pick-up and drop-off is at Westfield Middle School, 149 Fairfield Way in Bloomingdale. Registration deadline is one week before each trip.

Location: Westfield School

Instructor: Staff

MIN/MAX: 4/12

Age	Day	Time	Date	R/NR Fee	Code #
Aurora Outlet Mall					
Adult	M	10:00-4:00P	6/4	\$11/16	403224-A1
Woodfield Mall					
Adult	M	10:00-4:00P	7/2	\$11/16	403224-B1
Oak Brook Mall					
Adult	M	10:00-4:00P	8/6	\$11/16	403224-C1

White Sox Trip

Baseball, Bingo, and a Buffet! Come to U.S. Cellular Field as the Chicago White Sox take on the Baltimore Orioles. Your registration includes transportation, parking, a full buffet with drinks (alcoholic and non-alcoholic) included, bingo for all ages and a game ticket to enjoy a day at the ballpark. No parking, no tolls, no mess. Simply sit back, relax and enjoy the trip. Tickets are non-refundable. Pick-up is at the Clauss Rec Center. Registration deadline is May 9.

Location: Roselle Park District

Instructor: Staff

MIN/MAX: 2/5

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	10:45-6:00P	5/24	\$60/65	403279-A1

Chicago Cubs Trip

Head down to Wrigley Field as the Chicago Cubs take on the San Francisco Giants. Registration includes transportation and a game ticket. No parking, no tolls, no mess. Simply sit back and enjoy the trip. Lunch is on your own. Tickets are non-refundable. Trip departs and returns from Westfield Middle School, 149 Fairfield Way in Bloomingdale. Registration deadline is May 11.

Location: Westfield School

Instructor: Staff

MIN/MAX: 14/14

Age	Day	Time	Date	R/NR Fee	Code #
Adult	F	10:00-5:30P	5/25	\$45/50	403276-A1



Jacob Henry Mansion Estate

Start the day with a self-guided tour of the Jacob Henry Mansion, which contains over 40 rooms and is a delightful blend of past and present. The mansion is a historical city, state and national landmark. After the tour, enjoy a delicious, Italian-style cuisine and welcome "The Tenors 3," a trio of classically-trained tenor vocalists. Program is infused with a touch of comedy, opera, Broadway and more. After the show, trip heads to the Old Central Church located on site for a tour of the chapel. Lunch includes Pasta Trio, salad, rolls, dessert and coffee or tea. Trip includes transportation, lunch, ticket and self-guided tour. Trip departs and returns from Westfield Middle School, 149 Fairfield Way in Bloomingdale. Registration deadline is June 1.

Location: Westfield School

Instructor: Staff

MIN/MAX: 4/4

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	9:45-4:00P	6/19	\$75/80	403278-A1

Chicago Botanic Gardens

Enjoy the summer beauty of the Chicago Botanic Gardens, home to a collection of 2.3 million living plants displayed in a variety of specialty gardens scenically enhanced by their island settings, fountains and waterfalls. Participants ride the tram for an overview of the Garden's 385 acres. Lunch is on your own and is available for purchase at the Garden View Cafe or Garden Grille. Time to stroll, lounge, or shop follows. Trip departs and returns from Westfield Middle School, 149 Fairfield Way in Bloomingdale. Registration deadline is July 7.

Location: Westfield School

Instructor: Staff

MIN/MAX: 4/4

Grade	Day	Time	Date	R/NR Fee	Code #
Adult	M	10:15-4:00P	7/23	\$22/27	403239-A1

Guided Kayak Tour

Get out and enjoy some summer fun in Morris, IL! If you have never kayaked before or love kayaking, you will enjoy this guided tour. All tours include tandem kayak, life vest, paddle, short lesson, and safety briefing. Please bring water, snack, sunscreen, bug spray, hat, and a towel/change of clothes to make your trip more enjoyable. Please pack a lunch and we will have a picnic after the tour. Trip departs and returns from Medinah Park District Connolly Recreation Center, 22W130 Thorndale Ave., in Medinah. Registration deadline is July 11.

Location: Medinah Park District

Instructor: Staff

MIN/MAX: 4/4

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	9:15-4:00P	8/1	\$54/59	403274-A1



Drury Lane - Cat on a Hot Tin Roof

In the heat of the South under the gaze of patriarch Big Daddy, the expectations of marriage and family spoil. A birthday party brings a family's skeletons to the surface as each one fights over the bones. The classic Cat on a Hot Tin Roof is well known for the 1958 film adaptation starring Elizabeth Taylor, Paul Newman, and Burl Ives which received six Oscar nominations including Best Picture, Best Actor, Best Actress, Best Director and Best Writing. Trip includes transportation, lunch, and show. Lunch choice: Sautéed Tilapia or Bistro Steak, salad, and dessert. Trip departs and returns from Westfield Middle School, 149 Fairfield Way in Bloomingdale. Registration deadline is July 19.

Location: Westfield School

Instructor: Staff

MIN/MAX: 4/10

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	10:45-5:00P	8/15	\$68/73	403223-A1

Extended Trip

Washington D.C.

September 13-18

Wonderful Washington, DC is The incredible price includes:

- Motor coach transportation
- 5 nights lodging including 3 consecutive nights in the Washington, DC area
- 8 meals: 5 breakfasts and 3 dinners
- Two guided tours of Washington, DC
- Features WWII Memorial, Capitol Hill, Embassy Row, Korean War Veterans Memorial, Vietnam Veterans Memorial, Smithsonian, Martin Luther King, Jr. National Memorial, Lincoln Memorial and more!
- NEW MUSEUM OF THE BIBLE featuring 430,000 square feet of biblical history.
- Tram ride through Arlington National Cemetery.
- Admission to George Washington's Mount Vernon Estate and Garden.
- And much, much more!

Detailed itinerary is available three weeks before the trip at the Bloomingdale Park District. A \$75 deposit is due upon registration and is non-refundable after May 21, 2018. Trip cancellation insurance is available and encouraged to offer protection should participants need to cancel after July 13, 2018. Final payment is due July 13, 2018. Information on the insurance is distributed along with the detailed itinerary at the Bloomingdale Park District front office. Diamond Tours, Inc. greets the group at the various destinations, and then proceeds with guiding the tours. A park district representative assists in managing the trip tours.

Occupancy Resident/Non-resident

Single:	\$850/875
Double:	\$656/\$681
Triple:	\$636/\$661
Min/Max	17/17 per District
Code:	403201-A1