



The Lounge

May Newsletter

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

Free coffee is available daily.

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

Hours:

Monday-Friday
9:30AM-12:30PM

May Events:

Craft Day

Wednesday, May 4
Code: 203782-D1

Stop in anytime between the hours of 9:30AM-12:30PM to make a craft. This program is free, but registration is encouraged. Supplies provided.

How to Exercise for Heart Health

Thursday, May 12
10:30-11:15AM
Code: 203786-A1

What is the link between health and exercise? How do you get started or make sure you are getting the right kind of exercise? Join us for FREE refreshments and a time of discussion. Learn practical ways to implement cardiovascular health into your daily routine and new ideas ways for enjoy exercise! Class is taught by Fitness Coordinator Amber Patton.





Book Club

Tuesday, May 17
10-11AM
Code: 203785-A1

The Bloomingdale Park District and Bloomingdale Library have partnered up to offer a book club for the Lounge. The next book discussion will be Tuesday, May 17th from 10-11 a.m. in the Lounge. The book can be checked out at the front desk of the Johnston Recreation Center (Bloomingdale Park District). The book is called "The Mother-In-Law" by Sally Hepworth. Book discussion is run by Reference Librarian Soon Har Tan from the Bloomingdale Public Library. This program is free, but registration is required.

Pizza Party!

Friday, May 20
11-12PM
Code: 203787-A1

Love pizza? Grab your friends and join us for a pizza party in the Lounge. Pizza, drinks and dessert provided. This program is free, but registration is required.

Bingo (Lounge Closed)

Refer to the Winter/Spring Brochure for bingo dates.

Wednesday, May 25
10-11:30AM
Code: 203777-D1

Board Games/LCR/Word Search/Crossword Puzzles/Mahjong/Card Games/etc.

Events listed on the calendar are free. No registration required. Feel free to drop in any time between the hours of 9:30 a.m. -12:30 p.m. for these activities. Games and playing instructions will be available in the Lounge.

Please check out the Brochure or website at www.bloomingtonparks.org for additional adult/senior programs and trips.

Feel free to contact me at 630-339-3546 or rebecca@bloomingtonparks.org with any questions.

Thank you,

Rebecca DeFrancesco Roche

