



## The Lounge January Newsletter

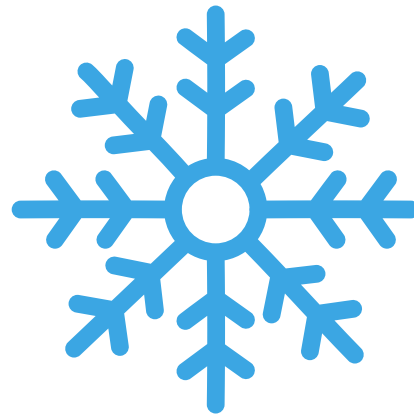


Welcome back to the Lounge! The Lounge is relaxing space in the Bloomingdale Park District's (BPD) Johnston Recreation Center (JRC) for active adults and seniors. It features a comfortable seating area to watch TV and movies or play cards, an area to get active with Wii video games or table tennis, and plenty of space to 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 pick up on the 20th of each month at the front desk to the JRC. Refer to the calendar for hours.

### Hours:

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



### January Events:

#### *Chair Strength Intervals*

Thursday, January 6  
10:30-11:15AM

Join our Fitness Coordinator Amber Patton, for a seated full-body strength workout! Small hand weights and/or resistance bands will be used during this class. The program is free; however, registration is required.

Code: 203778-A1 Free

#### *Craft Day*

Friday, January 14

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.

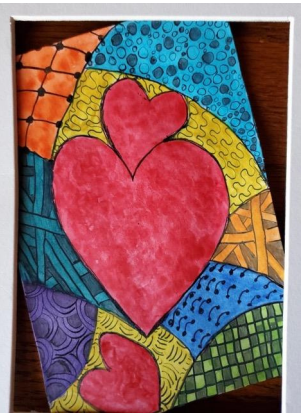
Code: 203780-A1 Free

#### *National Popcorn Day!*

Wednesday, January 19

Free and no registration required. Stop in anytime between the hours of 9:30AM-12:30PM to make popcorn trail mix!





**Bloomington Artist Association**

**Zentangles Project**

Monday, January 24

10:30-11:30AM

Lois Shaffer from Bloomington Artists Association will guide you on how to create Zentangles. Zentangles are miniature pieces of unplanned, abstract, black and white art created through a very specific method from an ensemble of simple, structured patterns called tangles. This program is free, but registration is encouraged. Supplies included.

Code: 203779-A1 Free

***Bingo (Lounge Closed)***

Refer to the Autumn Brochure for bingo dates.

Wednesday, January 26

10-11:30AM

Code: 103777-E1 Free

***Board Games/LCR/Word Search/Crossword Puzzles/Word Search/Mahjong/Card Games***

These events listed on the calendar are free. No registration is required. Feel free to drop in any time between the hours of 9:30AM-12:30PM for these activities. Games and playing instructions will be available in the Lounge.

**Questions or Additional Information:**

Please check out the Winter Brochure or the BPD website at [www.bloomingtonparks.org](http://www.bloomingtonparks.org) for additional adult/senior programs and trips.

Feel free to contact me at 630-339-3546 or [rebecca@bloomingtonparks.org](mailto:rebecca@bloomingtonparks.org) with any questions.

Thank you,

Rebecca Defrancesco Roche

