



The Lounge

December Newsletter

Welcome back to The Lounge! The Lounge is relaxing space in the Johnston Recreation Center for active adults and seniors. It features a comfortable seating area to watch TV and movies, play cards, an area to get active with Wii video games, 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 Johnston Recreation Center. Refer to the calendar for hours.

Hours:

Monday-Friday
9:30-12:30PM



December Events:

Chair Strength Intervals FREE!

December 2 and 16
10:30-11:15AM

Join Bloomingdale Park District Fitness Coordinator Amber Patton for a fully-body, seated strength workout. Small hand weights and/or resistance bands will be used during this class. The program is FREE; however, registration is required.

December 2 - Code #103783-A1
December 16 - Code #103783-A2

Holiday Craft FREE!

December 6

Stop in anytime between 9:30 a.m. and 12:30 p.m. to make a craft for the holidays. This program is free, but registration is encouraged. Supplies are provided.

Code: 103784-A1

National Cocoa Day FREE!

December 13

Stop in anytime between 9:30 a.m. and 12:30 p.m. for some hot cocoa and cookies!
Enjoy a holiday movie that begins at 11 a.m. Popcorn also provided.





**Bloomington Garden Club
Holiday Beauty on a Budget-Christmas Centerpiece**

December 15
10-11AM

Joyce Basel from the Bloomington Garden Club guides participants on how to arrange a Christmas centerpiece for the holidays. She will bring greenery and show you how to arrange it in your centerpiece. This is just a fun, interactive presentation. Supplies are included in the fee. Registration is required.
Code: 103785-A1; Fee: \$7R/\$12NR

Decorate an Ugly Christmas Sweater FREE!

December 20

Stop in anytime between 9:30 a.m. and 12:30 p.m. to decorate an ugly Christmas sweater. Please bring your own sweater from home. This program is free, but registration is encouraged. Supplies are included.

Code: 103786-A1

Bingo (Lounge Closed) FREE!

December 29, 10-11:30AM

Code: 103777-D1

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 9:30 a.m. and 12:30 p.m. for these activities. Games and playing instructions are available in The Lounge.

Please check out the fall 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

