

MediCare 101

Medicare can be confusing. Tom Perrucci from Premier Medicare Benefits presents a FREE educational seminar to get you up to speed on what Medicare covers, what it doesn't and your potential out-of-pocket exposure. Class reviews Medicare Supplements, Medicare Advantage Plans, Part D Prescription Coverage, and cost-saving strategies for the years ahead.

Location: JRC Lounge **Adult(ng)**
Instructor: Tom Perrucci **MIN/MAX:** 4/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tue	6:30-8P	Jun 22	\$0/\$0	403602-B1

Blood Circulation Exercises

Poor circulation is very often a silent killer as its symptoms may easily be overlooked. Using a combination of self-massage and simple exercises, participants improve their circulation in the hands, feet, face and body, while promoting cell growth and organ function. Good blood circulation also helps improve brain function and keeps your mind sharp and focused. Be prepared to remove your shoes and socks.

Location: Johnston Rec Center **Adult(ng)**
Instructor: John Robertson **MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Thu	7-9P	Jul 15	\$30/\$35	403644-A1

Secret of Chinese Health Balls

Discover the secrets of Chinese Health Balls; an exercise system that has been in use for 2,000 years. They can improve strength, flexibility, dexterity and circulation in the fingers, hands and wrists. They can relieve joint stiffness and soreness and relax muscles and joints. Their use can reduce the risk of carpal tunnel syndrome, tendonitis, repetitive strain injury, rheumatism and arthritis. They are deeply relaxing, can help reduce stress, improve overall health, stimulate the mind and reduce the risk of cognitive decline, dementia and Alzheimer's. Chinese Health Balls are available to use during class, or purchase or bring your own. Also available via Zoom.

Location: Johnston Rec Center **Adult(ng)**
Instructor: John Robertson **MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Thu	6-9P	Jun 24	\$30/\$35	403607-A1

Eastern Philosophy & Qigong

Eastern mystics have practiced longevity exercises for millennia with the goal of prolonging life and ultimately achieving immortality. What are the philosophies that lead them to these practices? Part lecture, part practice; this class aims to demystify the Eastern philosophies of Yin and Yang, The Tao, The Five Elements and more in a classroom setting. Learn basic Qigong exercises and meditations that begin the practices that lead to health and longevity. The exercises are effective and easy to learn. Using slow, gentle, graceful rocking and stretching motions combined with relaxed breathing, Qigong can help calm your mind, reduce tension and anxiety, regulate heart rate and blood pressure, boost energy and lower blood pressure.

Location: Oak Room **Adult(ng)**
Instructor: John Robertson **MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Fri	1:30-4P	Jun 4-Jul 16	\$97/\$102	403622-A1



Cooking for Beginners 🧑🍳 😊

Does this sound like you? You want to make great food in a minimum amount of time, but don't have a clue how to go about it. Or you are on your own for the first time and have discovered that eating out is expensive and takeout is tiresome. Or you need a small repertoire of dishes for daily dining, but you can barely manage instant coffee. If any of those pertain to you, this course is for you! In two relaxed, fun-filled classes, participants get on their cooking feet, learning how to prepare simple, healthy, and delicious food. Participants learn to make two complete meals in two easy lessons.

Location: Chef's Corner **Adult(ng)**
Instructor: Chef Pina **MIN/MAX:** 4/6

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Mon	6-9P	Jul 12 & 19	\$84/\$89	403608-A1

Cooking for One 🧑🍳 😊

Cooking for one or two is harder than it seems, and it can leave anyone wanting to make a healthy, tasty meal either throwing out extra helpings or watching expensive ingredients expire. But it's possible to prepare single-serving recipes that are full of flavor, easy-to-make, and economical if you have the right guide. Learn how to make a fresh, delicious, home-cooked meal for one without creating a week's worth of leftovers or leaving an abundance of unused fresh ingredients that quickly go to waste.

Location: Chef's Corner **Adult(ng)**
Instructor: Chef Pina **MIN/MAX:** 4/6

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Mon	6-9P	Jun 21 & 28	\$84/\$89	403609-B1

Registration Hint – Register Early!

To ensure your class or program runs, please register early! Planning, staffing and running a class all take preparation time, which is why many programs have registration deadlines. We need to know in advance how many people to buy supplies for, or how many spaces to reserve, etc. When in doubt, always register as you could be the one that makes the class run!

Adult Variety

Take it & Make it Crafts 🧡

All supplies are provided to make the perfect decoration, gift, or new accessory to your home. All supplies are included as well as a photo of a sample to use as a guide. Registration is required. Additional fee for Park District resident deliveries. If you would like delivery you must also register for codes A2 & B2.

Location: Home **Adult(ng)**
Instructor: Staff **MIN/MAX: 6/10**

Age	Day	Time	Date	R/NR Fee	Code #
4th of July					
Adult	Mon	10A-4P	Jun 14	\$20/\$25	403711-A1
Delivery					
Adult	Mon	10A-4P	Jun 14	\$5	403711-A2
Calligraphy Door Sign					
Adult	Mon	10A-4P	Jul 19	\$20/\$25	403711-B1
Delivery					
Adult	Mon	10A-4P	Jul 19	\$5	403711-B2

Bingo 🎲

Save the last Wednesday of every month and join us for some bingo fun. All supplies are provided. Prizes are awarded to all winners! Registration is required to plan for social distancing. Masks must be worn at all times.

Location: Johnston Rec Center **Adult(ng)**
Instructor: Staff **MIN/MAX: 10/10**

Age	Day	Time	Date	R/NR Fee	Code #
47-99	Wed	10-11:30A	Jun 30	\$0/\$0	403777-A1
47-99	Wed	10-11:30A	Jul 28	\$0/\$0	403777-B1
47-99	Wed	10-11:30A	Aug 25	\$0/\$0	403777-C1



MediCare Adv. vs. Supplement

How to choose a policy that fits you best. This seminar lists and reviews the differences between the

Advantage and Supplement plans. It offers a strategy and guide to help choose the plan that is right for you.

Location: JRC Lounge **Adult(ng)**
Instructor: Tom Perrucci **MIN/MAX: 6/12**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tue	6:30-8P	Jul 27	\$0/\$0	403709-A1

MediCare Mistakes to Avoid

Overwhelmed by all the Medicare information? If so, you are not alone. This overload of information makes it challenging to not make mistakes. Making mistakes with Medicare is something you want to avoid at all costs. It will cost you time, hassles and money. This seminar reviews the costly mistakes to avoid and gives you a strategy to successfully understand and apply Medicare to your health and needs.

Location: JRC Lounge **Adult(ng)**
Instructor: Tom Perrucci **MIN/MAX: 6/12**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tue	6:30-8P	Aug 31	\$0/\$0	403710-A1

A Parent's Guide on Paying for College: Financial Aid Overview

This workshop/webinar introduces the various financial aid options and focuses on some of the biggest college planning mistakes families should avoid. It reveals unique techniques to reduce the Expected Family Contribution (EFC) that can save thousands on college costs. If class cannot be held in person you will receive a Zoom registration prior to the class date.

Location: JRC Lounge **Adult(ng)**
Instructor: My College Planning Team **MIN/MAX: 3/12**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Thu	7-8:30P	Aug 19	\$0/\$0	403640-A1

Pay for College Without Going Broke

One of the most popular workshop/webinars returns this season to explore the complex world of need-based and merit based financial aid. Parents and students learn strategies for lowering their Expected Family Contribution (EFC), and tips for optimizing college admissions and scholarships. If class cannot be held in person you will receive a Zoom registration prior to the class date.

Location: JRC Lounge **Adult(ng)**
Instructor: My College Planning Team **MIN/MAX: 3/12**

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Thu	7-8:30P	Jun 17	\$0/\$0	403603-A1

Happy Healthy Gut

Do you eat healthy but still experience gut problems? Then this class is for you! Learn how your digestive health affects your overall health, what gut health truly means, and how to identify dysfunction. We'll deep dive into the term "leaky gut" and how it relates to your overall health. Finally, learn how to optimize your digestion and ultimately experience the benefits of a happy gut.

Location: JRC Lounge **Adult(ng)**
Instructor: Roula Marinos Papamihail **MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Mon	6:30-8:30P	Aug 9	\$30/\$35	403611-A1

Mineral Mastery

The Spark Plugs of Life. Do you experience seemingly random symptoms such as fatigue, hair loss, high anxiety, emotional numbing, memory problems and even nausea (just to name a few)? Join Roula to find out how a long-term mineral imbalance may be a contributor to these seemingly non-related symptoms AND what to do about it. Learn how to effectively test your minerals, how they may relate to your symptoms, and, most importantly, what to do to start feeling better immediately.

Location: JRC Lounge **Adult(ng)**
Instructor: Roula Marinos Papamihail **MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Mon	6:30-8P	Aug 23	\$30/\$35	403612-A1

The Gluten Free Fix

Are you currently gluten free or attempting to be? This class provides participants with information on how to start and/or what to do next if you've already started. Learn how gluten affects your overall physical and mental health, why accurate testing is important, and what your testing options are. Finally, learn what to do when going gluten free is not enough for symptom relief.

Location: JRC Lounge **Adult(ng)**
Instructor: Roula Marinos Papamihail **MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Mon	6-8P	Aug 16	\$30/\$35	403617-A1

Balance your Hormones

Learn how and why hormones affect your weight, energy and quality of life. Learn how stress hormones affect sex hormones and how the two contribute to overall well-being. Learn what lifestyle factors contribute to hormone dysfunction and what to do about it. Join Roula and learn how to accurately identify your hormone levels and why this is key to relieving symptoms. Finally, learn how to stop the cycle of hormone dysfunction and take control.

Location: JRC Lounge **Adult(ng)**
Instructor: Roula Marinos Papamihail **MIN/MAX:** 6/15

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Mon	6:30-8:30P	Jun 14	\$30/\$35	403619-A1

Food: Friend or Foe?

Do you experience inflammation? Join Roula to find out how your diet may be contributing to your inflammation. Learn the difference between food allergies, intolerance and sensitivity and how any of these can contribute to overall inflammation in the body. Learn what inflammation by food might look like and how it shows up in your body. Finally, leave with the knowledge to identify inflammatory foods, how to resolve them, and ultimately, get back to enjoying some of your favorites.

Location: JRC Lounge **Adult(ng)**
Instructor: Roula Marinos Papamihail **MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Thu	6:30-8:30P	Jun 24	\$30/\$35	403610-A1

Struggling to Lose Weight?

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

Location: JRC Lounge **Adult(ng)**
Instructor: Roula Marinos Papamihail **MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tue	6-8P	Jun 29	\$30/\$35	403623-A1

Cooking Fun with Probiotics I

Do you feel tired and sluggish, experience bloating or discomfort after eating, and/or spend hundreds of dollars on probiotics? If you answered yes to any of the above, this workshop is for you. Learn what fermented foods are and their benefits, why you should eat fermented foods, and how fermented foods help to heal your gut and promote weight loss. Participants make sauerkraut and milk kefir, as well as tepache, a delicious fermented Mexican pineapple drink.

Location: JRC Lounge **Adult(ng)**
Instructor: Roula Marinos Papamihail **MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Thu	6-8P	Aug 12	\$30/\$35	403624-A1

Cooking Fun with Probiotics II

If you enjoyed Cooking Fun with Probiotic I, then you'll love this follow-up class! In this class, participants learn how to make flavored water kefir, fermented apple pie, and fermented kimchi. Enjoy samples and leave with your own fermented creations, including water kefir grains to make kefir at home. Learn about the benefits of probiotics and why fermented foods are truly the best way to maintain a healthy gut.

Location: JRC Lounge **Adult(ng)**
Instructor: Roula Marinos Papamihail **MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Thu	6-8P	Aug 26	\$30/\$35	403625-A1

Adult Variety

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: Chef's Corner
Instructor: Chef Pina

Adult(ng)
MIN/MAX: 4/6

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Wed	6-9P	Aug 18-25	\$84/\$89	403638-A1

50+ Gourmet Supper Club

Mark your calendar! Save your second Wednesday evening 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: Chef's Corner
Instructor: Chef Pina

Adult(ng)
MIN/MAX: 4/6

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Wed	4:30-7:30P	Jun 2	\$42/\$47	403639-A1
Adult	Wed	4:30-7:30P	Jul 7	\$42/\$47	403639-A2
Adult	Wed	4:30-7:30P	Aug 4	\$42/\$47	403639-A3
Couple					
Adult	Wed	4:30-7:30P	Jun 2	\$75/\$80	403639-B1
Adult	Wed	4:30-7:30P	Jul 7	\$75/\$80	403639-B2
Adult	Wed	4:30-7:30P	Aug 4	\$75/\$80	403639-B3



Thank You Rana-Reagan Pharmacy!



The Bloomingdale Park District partnered with Rana-Reagan Pharmacy and the Village of Bloomingdale to host a COVID-19 Vaccination Clinic April 15-16 and May 13-14 at the Johnston Recreation Center.

Approximately 750 individuals were vaccinated with the Moderna vaccine. Additionally, we thank all of the volunteers from the community for their dedicated service as well as the numerous businesses who donated to the event.



French & Spanish Gourmet

Delve into the heart of Spain in Week 1. Learn to create the most delicious paella, a mixed olive salad, prosciutto pate, shrimp fritters, and a sweet bread specialty from Spain. Then travel in Weeks 2-4 from Normandy down to the French Riviera making foods such as coq au vin, stuffed veal napoleon, fish/seafood stew, French onion soup, and madeleines. Register by region or for all four classes and save \$20.

Location: Chef's Corner
Instructor: Chef Pina

Adult(ng)
MIN/MAX: 4/6

Age	Day	Time	Date	R/NR Fee	Code #
Heart of Spain					
Adult	Wed	6-9P	Jun 9	\$42/\$47	403654-A1
Normandy					
Adult	Wed	6-9P	Jun 16	\$42/\$47	403654-A2
Mid France					
Adult	Wed	6-9P	Jun 23	\$42/\$47	403654-A3
Provence					
Adult	Wed	6-9P	Jun 30	\$42/\$47	403654-A4
All Four Classes					
Adult	Wed	6-9P	Jun 9-30	\$148/\$153	403654-A5

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: Chef's Corner
Instructor: Chef Pina

Adult(ng)
MIN/MAX: 4/6

Age	Day	Time	Date	R/NR Fee	Code #
Introduction					
Adult	Wed	6-9P	Jul 14	\$42/\$47	403655-B1
Solely Mediterranean					
Adult	Wed	6-9P	Jul 21	\$42/\$47	403655-B2
Only Italian Seafood					
Adult	Wed	6-9P	Jul 28	\$42/\$47	403655-B3
From Tuscany to You					
Adult	Wed	6-9P	Aug 11	\$42/\$47	403655-B4
All Four Classes					
Adult	Wed	6-9P	Jul 14-Aug 11*	\$148/\$153	403655-B5

*NO CLASS Aug 4

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 on a night you won't forget. Bring a container for leftovers.

Location: Chef's Corner
Instructor: Chef Pina

Adult(ng)
MIN/MAX: 4/6

Age	Day	Time	Date	R/NR Fee	Code #
Not Just Soup Night					
Adult	Fri	6-8P	Jun 4	\$42/\$47	403662-A1
The World's Poultry					
Adult	Fri	6-8P	Jun 11	\$42/\$47	403662-A2
Old/New World Pizza					
Adult	Fri	6-8P	Jun 18	\$42/\$47	403662-A3
Comforting Stews					
Adult	Fri	6-8P	Jun 25	\$42/\$47	403662-A4
Post-Holiday Salads					
Adult	Fri	6-8P	Jul 9	\$42/\$47	403662-A5
4 the Love of Sauce					
Adult	Fri	6-8P	Jul 16	\$45/\$50	403662-A6
Cookies of Italy/USA					
Adult	Fri	6-8P	Jul 23	\$42/\$47	403662-A7
A Seafood Experience					
Adult	Fri	6-8P	Jul 30	\$60/\$65	403662-A8
Brunch to Impress					
Adult	Fri	6-8P	Aug 6	\$42/\$47	403662-A9
Summer BBQ					
Adult	Fri	6-8P	Aug 13	\$42/\$47	403662-C1
Fresh Bread Friday					
Adult	Fri	5-8P	Aug 20	\$60/\$65	403662-C2
Fresh Bread Saturday					
Adult	Sat	11A-2P	Aug 2	\$60/\$65	403662-C3
Appetizer Treats					
Adult	Fri	6-8P	Aug 27	\$42/\$47	403662-C4



IPRA Six-County Senior Games

Day / Date: July 6-28

Ages: 50 years and older

The IPRA Six County Senior Games are tentatively being scheduled for July 6-28, 2021 in the Chicago area. There are 15 different events including swimming, golf, pickleball, tennis, track and field, bocce, billiards, table tennis, horseshoes, bags, wii bowling, jump rope, as well as team softball and volleyball. Entry fee is \$16 for one day; \$22 for two or more days. All participants receive a t-shirt and medals are given to winners in each age group for both men and women. Entry forms will be available after May 15. For updated information, check out the IPRA Six County Senior Games Facebook page. The Six County Senior Games is a function of the Illinois Park and Recreation Association.

