

# Bloomington Park District

## Adult General

### Estate Planning

Learn how to protect your spouse and heirs by looking closely at the need to plan, the most common planning techniques, and the documents used in the planning process. The class covers probate, wills vs. trusts, power of attorney for healthcare and financial matters, and guardianship appointments. Snacks provided. For more than 25 years, instructor James L. Flanagan has been assisting senior investors. He is the founder of Bentron Financial Group, Inc., the writer for "Just Ask Jim," financial advice column in "Chicagoland Senior News," and author of "Packing for Retirement: A Comprehensive Guide for People, 50-70, Planning for Retirement."

**Location:** Community Room  
**Instructor:** Jim

**MIN/MAX:** 5/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	10:00-11:30A	1/12	\$0/0	203632-A1
Adult	W	10:00-11:30A	4/5	\$0/0	203632-A2

### College Financing

College tuition increases every year, leaving many families wondering how they will afford it. A representative from College Illinois! 529 Prepaid Tuition Plan will explain how parents can keep college tuition affordable by purchasing semesters of college now at today's plan rates to avoid future tuition increases. Instructor Tonya Polk is currently the manager of marketing and sales with College Illinois!/ Illinois Student Assistance Commission. Prior experience includes roles with Suntrust Mortgage, Bank of America, and the United States Air Force.

**Location:** Lake Park H.S. East  
**Instructor:** Tonya

**MIN/MAX:** 3/50

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	6:00-7:00P	1/12	\$0/0	203637-A1
Adult	Tu	6:00-7:00P	3/14	\$0/0	203637-A2

### College Planning 101

Do you have a high school student who will one day face college testing, visits and applications? Jill Kirby, an IECA-certified professional college consultant, lets you in on the 12 strengths and experiences colleges are looking for in their applicants. She also introduces a number of ways to help fund the journey. Bring along your freshman, sophomore, junior, or senior for free. Jill has also taught courses in business administration, business communications, and professional speaking at Roosevelt University, College of Lake County and Illinois Central College for the past 15 years and is principal of Kirby College Consulting.

**Location:** Lake Park H.S. East  
**Instructor:** Jill

**MIN/MAX:** 5/50

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	7:00-8:30P	1/9	\$65/65	203671-A1
Adult	M	7:00-8:30P	3/20	\$65/65	203671-A2



### Don't Stress Out!

Stress could be called the plague of the 21st century. It is said to be responsible for nearly 85% of doctor visits [Kansas State University]. In this class, participants examine the signs of stress, its causes and consequences, and how it affects performance. Learn several practical techniques for the immediate relief of stress, enabling you to cope with stressful situations. Learn to manage chronic and long-term stress and how to make yourself more stress resistant. The methods you will learn can help you be healthier, happier, and more productive; you will have fewer sick days, more leisure time, and enjoy life more. Instructor John Robertson is a high level martial arts and healthy living instructor. He is also a reflexologist, healer, and ordained minister.

**Location:** Lake Park H.S. East  
**Instructor:** John

**MIN/MAX:** 6/99

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:00-9:00P	1/18	\$30/30	203676-A1
Adult	W	6:00-9:00P	4/5	\$30/30	203676-A2

### A Future Without You

Class is a discussion of what it takes to ensure a happy and secure life for your special needs child when you are gone. Who will care for them? Will caregivers know the special things that make your child different? Where will they live? How can you protect your child? These and many other questions will be answered. Snacks provided. For more than 25 years, Instructor James L. Flanagan has been assisting senior investors. He is the founder of Bentron Financial Group, Inc., the writer for "Just Ask Jim," financial advice column in "Chicagoland Senior News," and author of "Packing for Retirement: A Comprehensive Guide for People, 50-70, Planning for Retirement."

**Location:** Lake Park H.S. East  
**Instructor:** Jim

**MIN/MAX:** 3/25

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	7:00-8:30P	1/19	\$0/0	203603-A1
Adult	W	7:00-8:30P	4/12	\$0/0	203603-A2

# Bloomingtondale Park District

## Adult General

### New Year, Better You

Start the new year off right and set yourself up for a great future and better you with this two-part motivational seminar! Part 1, "Goal Setting," helps you overcome problems, obstacles, fears, and roadblocks standing in your way of achieving any goal in your personal and professional life, with a focus on reducing stress and achieving balance. Part 2, "Getting to Your Next Level," discusses your next level and provides you with the knowledge, understanding, and tools needed to reach that level. It explores the Law of Attraction, reprogramming for success, changing self-doubt to self-confidence, having a great day every day, and the seven ways to make a difference in the world. This entertaining and educational seminar includes a complimentary course DVD. Seminars are offered separately or together. Register for both and save \$20! Instructor Steve Beck, founder and President of Beck and Associates, is an author, keynote speaker, master facilitator and coach who brings more than 20 years of corporate executive experience to his programs and events. In addition to providing training to the U.S Army, the Options Clearing Corp, Special Olympics-Illinois, etc., he has taught at the Chicago School of Finance and the Institute for Self Actualization.

**Location:** Lake Park H.S. East

**Instructor:** Steve

**MIN/MAX:** 20/70

Age	Day	Time	Date	R/NR Fee	Code #
<b>Goal Setting</b>					
Adult	Tu	6:00-9:00P	1/3	\$99/99	203686-A1
<b>Getting to Your Next Level</b>					
Adult	Tu	6:00-9:00P	1/10	\$99/99	203686-A2
<b>Both Seminars (1&amp;2)</b>					
Adult	Tu	6:00-9:00P	1/3-1/10	\$178/178	203686-A3

### Five Wishes

Five Wishes helps you express how you want to be treated if you are seriously ill and unable to speak for yourself. It is very comprehensive and deals with all of a person's needs: medical, personal, emotional and spiritual. This class prepares participants on who they want making their health care decisions when they can no longer make them. Class also focuses on the kind of medical treatment desired, the preferred level of comfort, how people react and more. The February 15th class is held at Bloomingtondale Horizon, located at 160 W. Lake Street in the multipurpose room. The April 25th class is held at Lake Park High School's East Campus. Jennifer is a licensed clinical social worker at Monarch Landing Retirement Community. Her previous experience includes social work with Malo & Associates in Neuropsychology and the Cooperative Association for Special Education, and investigative work with the FBI.

**Location:** Bloomingtondale Horizon

**Instructor:** Jennifer

**MIN/MAX:** 4/15

Age	Day	Time	Date	R/NR Fee	Code #
13-99	W	2:30-3:30P	2/15	\$0/0	203681-A1
13-99	Tu	4:30-5:30P	4/25	\$0/0	203681-A2

### 50 Secrets of Longevity

We are living longer than ever before. Many people believe they will inevitably suffer the diseases of old age in their final years; however, 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:** Lake Park H.S. East

**Instructor:** John

**MIN/MAX:** 8/99

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:00-9:00P	1/11	\$30/30	203677-A1
Adult	W	6:00-9:00P	4/12	\$30/30	203677-A2

### Retirement Planning

Keep more of what you earn and make your money work harder for you. Above all, this course shows you how to assess your financial situation and develop a personalized plan to achieve your retirement goals. Whether you are just beginning to develop a retirement plan or rapidly approaching retirement, you will learn how to define long-term goals and return from the class with practical information you can apply immediately. This course includes a 224-page illustrated textbook. Couples may attend together for a single registration fee. Class sizes are limited so register today. Coffee and light refreshments are provided. Note: Saturday classes are held at the Johnston Recreation Center. Instructor Mark Strefner is a senior partner with Infinity Wealth Management, LLC, a financial and estate-planning firm, and seeks to bring clarity to the financial planning process. A sought-after public speaker in the insurance and investment industry, Mark has been honored with a number of corporate and industry awards including the Million Dollar Round Table, Centurion, Chairman, and Ben Franklin Awards.

**Location:** Lake Park H.S. East

**Instructor:** Mark Strefner

**MIN/MAX:** 2/30

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:00-9:00P	2/1-2/8	\$49/49	203688-A1
Adult	Sa	9:00-12:00P	2/4-2/11	\$49/49	203688-A2

