

Program Sponsor:



BLOOMINGDALE PARK DISTRICT THE LOUNGE For Seniors

The Lounge is a relaxing space in the Johnston Recreation Center for active adults and seniors. Check out the programs below for a wide variety of activities to keep you busy this spring. Our Recreation Coordinator, Rebecca Roche, is excited to welcome you and enjoy your company and participation in The Lounge. Free coffee is available whenever activities are planned. Most Lounge programs are FREE to all adults; however, some programs and lunches require registration and/or a minimal fee to participate. Contact Rebecca, rebecca@bloomingdaleparks.org or (630) 529-3650 to join the emailing list.

JANUARY

Craft Day

**January 12 | 10:30-11:30 AM | Free
Code: 203780-A2**

Stop in to make a craft. This program is free, but registration is encouraged. Supplies provided.

Bingo- Food Themed

**January 14 | 10-11:30AM | Free
Code: 203777-B1**

Save the second and last Wednesday of every month for Bingo fun. All supplies will be provided. Prizes to all winners! Registration is required. The second Wednesdays of the month are themed Bingo games.

National Bagel Day

January 15 | 9:30-10:30AM | Free

Stop in anytime between 9:30-10:30AM for a bagel on National Bagel Day. Coffee, bagels and cream cheese provided.

Ageless Grace®

**January 16 | 10-10:50AM |
Free/NR - \$5**

Code: 203517-A1

Ageless Grace® is a seated brain and body fitness program with 21 tools that boost mobility and brain health through playful, engaging movement.

Hot Dog and Movie

**January 23 | 11AM-1PM | Free
Code: 203788-A1**

Enjoy a hot dog lunch and a movie. Lunch is free but registration is required.

Seated Strength and Stretch

**January 26 | 10:30-11AM | Free
Code: 203795-A1**

This 30-minute class incorporates light hand weights and stretching to elevate your heart rate, strengthen your upper body and do a full-body stretch. Please wear comfortable clothing and bring a water bottle. The class will take place in the group fitness studio.

Blood Pressure Checks

January 28 | 9:30-11AM | Free

Come join Alden Valley Ridge right outside The Lounge doors at the Johnston Recreation Center for a free blood pressure screening.

Bingo

**January 28 | 10-11:30AM | Free
Code: 203777-B2**

Save the second and last Wednesday of every month and join us for some Bingo fun. All supplies will be provided. Prizes to all winners! Registration is required. The second Wednesdays of the month are themed Bingo games.

Estate Planning

**January 28 | 11:30AM-12:30PM | Free
Code: 203789-A1**

Join Maryanna Callas for a seminar on setting up a trust or will and the benefits of each. Lunch provided. Registration required. Have you #plannedit*?

FEBRUARY

Basic Balance for Seniors

**February 2 | 10:30-11AM | Free
Code: 203597-A1**

As we age, balance and core strength are key to preventing falls and injury. Join this FREE 30-minute class focused on standing balance and core exercises. No experience needed, but you must be able to stand for the full class. Wear comfortable workout clothes and tennis shoes.

Valentine's Day Fun!

**February 6 | 10:30-11:30am | \$10 per person
Code: 203786-A1**

Valentine's Day isn't just for couples, it's for everyone to celebrate love and affection with family and friends. We will play games, decorate cookies and enjoy light refreshments.

Craft Day

**February 9 | 10:30-11:30AM | Free
Code: 203780-A3**

Stop in to make a craft. This program is free, but registration is encouraged. Supplies provided.

Book Club

February 10 | 10-11AM | Free

Bloomington Park District and Bloomington Public Library have partnered up to offer a Book Club quarterly in The Lounge. The book discussion is on February 10 at 10AM and led by Reference Librarian Soon Har Tan from the Bloomington Public Library. The book can be checked out at the Johnston Recreation Center. Books are available in regular or large print or an audiobook with CD's.

Bingo-Valentine's Day Themed

**February 11 | 10-11:30AM | Free
Code: 203777-C1**

Save the second and last Wednesday of every month for some Bingo fun. All supplies will be provided. Prizes to all winners! Registration is required. The second Wednesdays of the month are themed Bingo games.

Ageless Grace®

**February 20 | 10-10:50AM |
Free/NR - \$5**

Code: 203517-A2

Ageless Grace® is a seated brain and body fitness program with 21 tools that boost mobility and brain health through playful, engaging movement.

Seated Strength and Stretch

**February 23 | 10:30-11AM | Free
Code: 203795-A2**

This 30-minute class incorporates light hand weights and stretching to elevate your heart rate, strengthen your upper body and do a full-body stretch. Please wear comfortable clothing and bring a water bottle. The class will take place in the group fitness studio.

Bingo

**February 25 | 10-11:30AM | Free
Code: 203777-C2**

Save the second and last Wednesday of every month and join us for some bingo fun. All supplies will be provided. Prizes to all winners! Registration is required. The second Wednesdays of the month are themed Bingos games.

Lessons Learned from the last 100 years by Todd Lindgren

**February 25 | 11:30AM-12:30PM | Free
Code: 203792-A1**

Investing comes with challenges volatility, interest rates, global uncertainty. With 100 years of experience, MFS shares six key lessons to help you navigate the market and stay focused on your goals. Lunch provided. Registration required.

MARCH

Basic Balance for Seniors

**March 2 | 10:30-11AM | Free
Code: 203597-A1**

As we age, balance and core strength are key to preventing falls and injury. Join this FREE 30-minute class focused on standing balance and core exercises. No experience needed, but you must be able to stand for the full class. Wear comfortable workout clothes and tennis shoes.

Deep Dish Pizza Party

**March 9 | 12-1PM | \$12 per person
Code: 203791-A1**

Love pizza? Grab your friends and enjoy some deep dish pizza from Lou Malnati's in The Lounge. Fee includes pizza, dessert, and drinks. Registration is required.

Bingo-Easter Themed

**March 11 | 10-11:30AM | Free
Code: 203777-D1**

Save the second and last Wednesday of every month and join us for some Bingo fun. All supplies will be provided. Prizes to all winners! Registration is required. The second Wednesdays of the month are themed Bingo games.

Ageless Grace®

**March 13 | 10-10:50AM |
Free/NR - \$5
Code: 203517-A3**

Ageless Grace® is a seated brain and body fitness program with 21 tools that boost mobility and brain health through playful, engaging movement.

You can find more information
about The Lounge at
[www.bloomingdaleparks.org/
facilities/jrc/the-lounge](http://www.bloomingdaleparks.org/facilities/jrc/the-lounge).

Craft Day

**March 16 | 10:30-11:30AM | Free
Code: 203780-A4**

Stop in to make a craft. This program is free, but registration is encouraged. Supplies provided.

Movies and Bagels

**March 19 | 10AM-12PM | Free
Code: 203793-A1**

Grab your friends and enjoy a movie together. Bagels, juice, and coffee provided. An email will be sent regarding the movie title closer to the program date.

Seated Strength and Stretch

**March 23 | 10:30-11AM | Free
Code: 203795-A3**

You don't need to leave your seat to workout! This 30-minute class will incorporate light hand weights and stretching to elevate your heart rate, strengthen your upper body and do a full-body stretch. Please wear comfortable clothing and bring a water bottle. Class will take place in the group fitness studio.

Blood Pressure Checks

March 25 | 9:30-11AM | Free

Come join Alden Valley Ridge outside The Lounge at the Johnston Recreation Center for a free blood pressure screening.

Bingo

**March 25 | 10-11:30AM | Free
Code: 203777-D2**

Save the second and last Wednesday of every month and join us for some Bingo fun. All supplies will be provided. Prizes to all winners! Registration is required. The second Wednesdays of the month are themed Bingo games.

The Ins and Outs of Medicare

**March 25 | 11:30AM-12:30PM | Free
Code: 203781-A1**

Learn how to plan for Medicare by understanding its history, parts, enrollment rules, costs, and coverage options like Medigap and Medicare Advantage. Includes info for those working past 65. Lunch provided. Registration required.

APRIL

Bingo- Spring Themed

**April 8 | 10-11:30AM | Free
Code: 203777-E1**

Save the second and last Wednesday of every month and join us for some Bingo fun. All supplies will be provided. Prizes to all winners! Registration is required. The second Wednesdays of the month are themed Bingo games.

Basic Balance for Seniors

**April 13 | 10:30-11AM | Free
Code: 203597-A1**

As we age, balance and core strength are key to preventing falls and injury. Join this FREE 30-minute class focused on standing balance and core exercises. No experience needed, but you must be able to stand for the full class. Wear comfortable workout clothes and tennis shoes.

Ageless Grace®

**April 17 | 10-10:50AM | Free/NR - \$5
Code: 203517-A4**

Ageless Grace® is a seated brain and body fitness program with 21 tools that boost mobility and brain health through playful, engaging movement.

Craft Day

**April 20 | 10:30-11:30AM | Free
Code: 203780-A5**

Stop in to make a craft. This program is free, but registration is encouraged. Supplies provided.

Hot Dog Lunch and Movie

**April 24 | 11AM-1PM | Free
Code: 203788-A2**

Enjoy a hot dog lunch and a movie. Lunch is free but registration is required.

Seated Strength and Stretch

**April 27 | 10:30-11AM | Free
Code: 203795-A4**

You don't need to leave your seat to workout! This 30-minute class will incorporate light hand weights and stretching to elevate your heart rate, strengthen your upper body and do a full-body stretch. Please wear comfortable clothing and bring a water bottle. Class will take place in the group fitness studio.

Bingo

**April 29 | 10-11:30AM | Free
Code: 203777-E2**

Save the second and last Wednesday of every month and join us for some Bingo fun. All supplies will be provided. Prizes to all winners! Registration is required. The second Wednesdays of the month are themed Bingo games.

Retain your Brain with Tim Murphy

**April 29 | 10-11:30AM | Free
Code: 203796-A1**

Learn how to protect your memory, brain health, and independence at this seminar on "age-proofing" your mind. Presented by Tim Murphy with Hartford Funds. Lunch provided. Registration required.

MAY

Basic Balance for Seniors

**May 4 | 10:30-11AM | Free
Code: 203597-A4**

As we age, balance and core strength are key to preventing falls and injury. Join this FREE 30-minute class focused on standing balance and core exercises. No experience needed, but you must be able to stand for the full class. Wear comfortable workout clothes and tennis shoes.

THE LOUNGE

Continued

Safe Sitter® Grandparents: Getting Started

**May 27 | 9:30AM-12:30PM | R/NR:
\$100/\$120
Code #: 203604-A1**

Refresh your skills and build confidence as a grandparent or caregiver. Learn updated child care guidance, first aid, and emergency skills—including hands-on practice with medical manikins. Participants may bring a snack and water bottle.

Ageless Grace®

**May 8 | 10-10:50AM | Free/NR - \$5
Code: 203517-A5**

Ageless Grace® is a seated brain and body fitness program with 21 tools that boost mobility and brain health through playful, engaging movement.

Craft Day

**May 11 | 10:30-11:30AM | Free
Code: 203780-A6**

Stop in to make a craft. This program is free, but registration is encouraged. Supplies are provided.

Book Club

May 12 | 10-11AM | Free

Bloomington Park District and Bloomington Public Library have partnered up to offer a Book Club quarterly in The Lounge. The book discussion is on May 12 at 10AM and led by Reference Librarian Soon Har Tan from the Bloomington Public Library. The book can be checked out at the Johnston Recreation Center. Books are available in regular or large print or an audiobook with CD's.

Bingo-Memorial Day Themed

**May 13 | 10-11:30AM | Free
Code: 203777-G1**

Save the second and last Wednesday of every month and join us for some bingo fun. All supplies will be provided. Prizes to all winners! Registration is required. The second Wednesdays of the month are themed Bingo games.

Pizza Party

**May 15 | 12-1PM | \$12 per person
Code: 203787-A1**

Love pizza? Grab your friends and enjoy delicious pizza. Fee includes pizza, dessert, and drinks. Registration is required.

Seated Strength and Stretch

**May 18 | 10:30-11AM | Free
Code: 203795-A5**

You don't need to leave your seat to workout! This 30-minute class will incorporate light hand weights and stretching to elevate your heart rate, strengthen your upper body and do a full-body stretch. Please wear comfortable clothing and bring a water bottle. Class will take place in the group fitness studio.

Blood Pressure Checks

May 27 | 9:30-11AM | Free

Come join Alden Valley Ridge right outside The Lounge doors at the Johnston Recreation Center for a free blood pressure screening.

Bingo

**May 27 | 10-11:30AM | Free
Code: 203777-G2**

Save the second and last Wednesday of every month and join us for some Bingo fun. All supplies will be provided. Prizes to all winners! Registration is required. The second Wednesdays of the month are themed Bingo games.

Estate Planning

**May 27 | 11:30AM-12:30PM | Free
Code: 203789-A2**

Join Maryanna Callas for a seminar on setting up a trust or will and the benefits of each. Lunch provided. Registration required. Have you #plannedit?™

Bloomington Garden Club 2026 Flower & Plant Sale

PRESALE ORDER PICKUP ONLY
FRIDAY, MAY 8 8-11AM

SALE OPEN TO THE PUBLIC: FRIDAY, MAY 8
NOON TO 6PM

SALE OPEN TO THE PUBLIC: SATURDAY, MAY 9
9AM-3PM
OR UNTIL ITEMS SELL OUT

PRE-SALE ORDER FORMS AVAILABLE MARCH 1-21
AT BLOOMINGDALEGARDENCLUB.ORG.



LOCATION: BLOOMINGDALE PARK DISTRICT MAINTENANCE BUILDING
NORTH END OF SPRINGFIELD DRIVE IN BLOOMINGDALE.