

DAILY ACTIVITIES

MONDAY

Exercise -Total Body Fitness 8:45-9:30 AM

Bridge -12:00 –4:00 PM

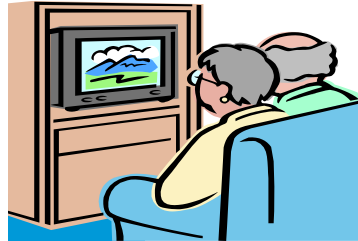


TUESDAY

Stained Glass - 9:00 –12:00 PM

-(no instructor)

Bingo 12:00– 2:30 PM



WEDNESDAY

Exercise-Chair Yoga 8:45-9:45 AM

Exercise-Pace Fit 9:45-10:30 AM

Pinochle 12:00– 4:00 PM

Board of Trustees

Michael McGinn

Heather Pransky

Dave Rogers

Robert Tolentino

THURSDAY

Ceramics 9:00-3:00 PM

- (no instructor, \$2 per day)

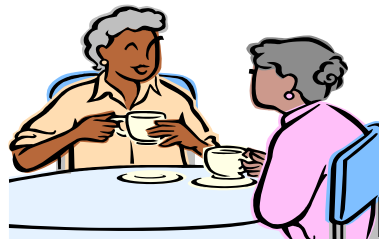
Tai Chi 10:00-11:00 AM



FRIDAY

Exercise-Fit for Life 8:45-9:30 AM

-Lite Dancing/Choreography



COME AND JOIN US!!!

Bloomingtondale Township Senior Center

www.bloomingtondaletownship.com

Michael D. Hovde, Jr.
Supervisor

Branka Poplonski
Town Clerk

6N050 Rosedale Avenue
Bloomingtondale IL 60108

630-529-7794

Monday - Friday

8:30 - 4:30

Staff

Bill (Bump) Waghorne
Jake Springer

Revised April, 2022

The Senior Connection □ - A free newsletter with circulation of over 2000 senior citizens in Bloomingdale Township.

Congregate Meals—Home delivery of meals to homebound senior citizens is also available through the “Meals on Wheels” program.

Vehicle Stickers—Senior Citizens residing in unincorporated areas of Bloomingdale Township may obtain vehicle stickers, free of charge at the Senior Center. Driver’s license and proof of car ownership are required.

Rules of the Road Review Course - In cooperation with the Secretary of State’s Office, this program is offered to drivers who are due to renew their drivers licenses. Advance registration is required. No Fee.

Health Services - Flu Shots - Prescription Information may be administered once a year at the Center. These are offered **free of charge** by various hospitals, health agencies and pharmacies at the Senior Center.

RTA Special User Passes - You may pick up applications for the bus pass for seniors over the age of 65 at the Senior Center.

Income Tax Assistance - Sponsored by the AARP, this service helps senior citizens file their income tax statements and is offered free of charge at the Senior Center from February to April every year. By appointment only.

Energy Assistance - Administered by LIHEAP (Low Income Home Energy Assistance Program) through the DuPage County Dept. Of Human Services, this program assists eligible senior citizens in paying their winter heating bills. Applications can be filled out at the Senior Center Office by appointment only. Please call 630-529-7794.

Recreational Activities - Bingo games and card playing are regularly featured by the Senior Center. Exercise, ceramic and stained glass, are offered weekly. The center is also used by many as a social gathering place.

Volunteerism - The Senior Center has a staff of nearly 25 senior citizens who volunteer their time and efforts to perform many necessary tasks; collating the newsletter, teaching classes, delivering meals, etc.

Lending Closet— Medical equipment donated by Seniors for use by Seniors. Equipment may be checked out for up to three months free of charge.

AARP Drivers Safety Class - You can expect to learn current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today’s increasingly challenging driving environment. Upon completion, you will receive a certificate.

Temporary Handicapped Parking Permits - Senior citizens may obtain temporary handicapped parking permits after completion of an application form, which includes their doctor’s certification. No Fee.

Voter Registration - A registrar is available in the Senior Center. Two forms of identification are required.

Notary - A notary is available in the Senior Center to perform official notarial acts.

Referral - Upon request individual’s may be referred to the DuPage County Dept. of Human Services or agencies best suited to their needs.