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LOCAL POSTAL CUSTOMER

Register online at www.peotoneparkdistrict.com, in person at the park district building, or through the mail. Register Today!!



Lincolnucation Discover the benefits of Recreation Programs for ages 2+ run year round VISIN LINSERALORY TO LEARN MORE Building a community without limits for individuals with disabilities!

Canvas Painting Party

Let your creative side show through in this painting class. All materials are provided and our instructor will help guide you to your ideal painting. Snacks provided, bring your creativity and beverages of choice.

Instructor: Kim Krygowski,

Tim's Hands & Kim's Touch Ages: All Ages Welcome Dates: Tuesday, December 5 - Holiday Barn Tuesday, February 6 - TBA Time: 6:30 start Location: Main Building Fee: In-District \$30/Out-of-District \$35



Let's play BINGO! Enjoy an afternoon of Bingo fun, conversation, and prizes! Grab your friends and join the fun. Ages: Older Adults Dates: Thursdays, December 14, January 11, & February 8 Time: 1:00 start Location: Main Building Fee: \$4.00

In the Kitchen w/ my Grand"pal"

Check out this fun activity specifically geared towards kids and a Grandparent or Grandpal, older adult. You will create delicious works of art to enjoy or take home and share. Don't miss out on this special oneon-one time.

Instructor: Ashley Doody, Handle it Creations Ages: 3 - 13 years with Grandparent/Grandpal Dates: Wednesday,

February 7 - Valentine's Creations

Times: 5:30 - 7:00 p.m. Location: Main Building Fee: In-District \$19/ Out-of-District \$23





Gather your teams and race to complete a puzzle in the fastest time. Bring snacks to share and enjoy time with friends and family. All ages are welcome. Great prizes to be awarded!

Register your team @ peotoneparkdistrict.com



Find us online at <u>www.peotoneparkdistrict.com.</u> You can register online for programs, discover upcoming events, book a pavilion, and find other park district information.

In-District residents are individuals who reside within the village limits of Peotone. All other areas are Out-of-District.

Healthy Living Series

Join us for an informative two-part wellness series discussing conquering sugar cravings, fighting inflammation, and living a healthier life. Classes are free, but a suggested donation of \$5 per class is appreciated to support the Cancer Support Center and their programs. Please RSVP online to reserve your spot.

Fighting Inflammation and Increasing Energy Thursday, January 25, 9:30-10:30 am

Happy New Year! Would you like to have more energy and experience less pain in 2024? Inflammation may be a factor in weight gain, daily aches and pains and increased levels of anxiety. Discover tips to help improve health, increase energy and reduce inflammation & pain by following simple strategies.

Sweet Treat Swaps Wednesday, Feb. 14, 9:30-11:00 am

Are you finding that you are eating too many highly processed sweet treats but would like to explore healthier options that taste fabulous? Let's explore ways to cut back and overcome this love for sugar by making and preparing 'healthier' options. Samples and recipes will be available.

Presented by: Christine Rosandich, MS, Nutrition & Wellness Program Manager, The Cancer Support Center





Facility Rentals at the Park District

Are you looking for a place for your next birthday party, family picnic, class reunion, or other get together? We have indoor and outdoor spaces available to fit your needs. You can rent our main building or one of three pavilion throughout our community. Rental information and prices are available online at www.peotoneparkdistrict.com or visit or call the park district for more information.



Instructor Peggy Heck,

Peotone Park District

Wild Irish Rose Grazing

6:30 - 8:00 PM





Paint Outside the Box

Kids will explore their creative side and develop their own works of art. Sign up for one class or for all three. Check our website or Facebook for project announcements!

Instructor: Mandi Fier Ages: Youth & Teens Dates: Thursdays, December 7, January 11, February 8 Times: 6:00-7:00 p.m. Location: Main Building Fee: In-District \$16/Out-of-District \$21





Looking for a fun and meaningful way to engage with your tot? Drop-in and join us for stories, songs, crafts, and themed activties.







Find us on FB: @TinyTotsTimePeotone

I CAN COOK!

Bring your tot and enjoy a morning in the kitchen cooking up scrumptious treats together. We will develop kitchen skills such as measuring, pouring, cutting, and sorting. Create treats to enjoy in class and to take home to share. Instructor: Miss Jessica Ages: 2-5 years plus one adult Dates: Mondays, January 15 - Mini Pizzas February 12 - Valentine's Treats Time: 9:30 - 10:30 a.m. Location: Main Building Fee: In-District \$19/ Out-of-District \$23



WITH MISS PHALLON



SATURDAYS 1/13-2/17 9AM **AGES 1-4**



in-district \$70 OUT-OF-DISTRICT \$75

In this play-based music class, minimusicians will explore diverse genres of music from around the world.

MISSPHALLONS_NEIGHBORHOOD

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SATURDAY, DECEMBER 9TH 11:00 A.M.- 1:00 P.M. ALL AGES FREE! FOOD | DRINKS | GAMES & CRAFTS

Intro to Taekwondo

Polaris Martial Arts is bringing their 4-stages of character development to Peotone. They use martial arts to practice everyday life skills kids can apply to their daily lives in a fun, upbeat environment with the goal of building selfesteem and creating life long relationships.

Instructor: Larissa Demakis, Polaris Martial Arts Dates: 8-week session begins January 13 Times: 4 - 6 years - 10:00 -10:30 a.m. 7 & older - 10:45 - 11:30 a.m. Location: Main Building Fee: In-District \$120/Out-of-District \$135



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11-11:50am Ages 5-8 12-12:50pm Ages 8-12

Safe Sitter: Essentials with CPR

Safe Sitter is a medically accurate program that teaches adolescents how to handle emergencies when caring for children or staying at home alone. The class teaches safe and nurturing childcare techniques, behavior management skills, and appropriate responses to medical emergencies.

*Students should bring a sack lunch

Instructor: Jackie O'Hara, Manhattan Fire Department

Ages: 6th - 8th grades Date: Monday, March 25 Time: 9:00 a.m. - 3:30 p.m. Location: Main Building Fee: \$35 for materials



Check the park district website for CPR & First Aid class dates & times!

KIDS Open Gym Basketball

Join us on Sundays at the Peotone Junior High to shoot some hoops. Adults will be on hand to supervise and help with your shot. Bring your gym shoes and a water bottle.

Ages: 3rd - 8th Grades Dates: Sundays, December 3, 10, & 17 Times: 2:00-4:00 p.m. Location: Peotone Jr. High School Fee: \$5 per child/per class

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www.peotoneparkdistrict.co

Jan. 14 - Feb. 4 Feb. 18 - Mar. 10 PEOTONE JR. HIGH SCHOOL

50 In-District/

65 Out-of-District

Birth Year: 2017-2019 2:00-3:00 PM 2014-2016 3:00-4:00 PM