

HAPPY ANNIVERSARY!

In October, we will be celebrating our 17th anniversary of serving our members, community and guests. We have enjoyed being able to add value to your lives by offering relationships and encouragement, fun fitness classes, a great aquatics space, a wellmaintained fitness floor, fantastic employees offering great customer service, accountability and so much more. Thank you for allowing us to do that and for your support of Five Points over the years. We appreciate our members, and we hope you feel that. Be sure to keep an eye out for our upcoming membership appreciation week happening at the beginning of October.

We have many exciting things happening this fall in our fitness department. Kicking off the start of September, we are introducing a new program for all of our running enthusiasts! Our 5K Training Class starts on September 3. Then, for our younger members, we are offering another session of our Youth Functional Strength Training class for ages 8-16 starting September 16. Pickleball training classes have started back up and we have another session taking place on September 5. Pickleball is a fast-growing sport, so if you have never tried it, our training classes are great way to get started.

If you are looking for something to do in the evenings, make sure you check out our ever growing Live @ Five Events in September and October. Our three big shows for September and October are Artrageous on September 29, Amy Grant on October 10 (this show is almost **sold out**) and Decade of Decadence on October 19.

We are very excited to announce the unveiling of our community Art Wall in October. Through the generous donation of Sharon and John Amdall, Five Points will be able to showcase various artists throughout the year. This will be located near our theater in the south end of the building. You might have noticed some new lights put up, in preparation for the Art Wall. We are so grateful for donors like Sharon and John who help us to find new ways to serve our community everyday.

We hope you have a great start to your fall season and that you are able to come to one of our many events or classes this fall.

- Vikki Poorman, General Manager

Members of the Month

JANA & DOUG LONG



EMPLOYMENT ANNIVERSARIES

September

- 18 William Randall

- 24 Stephen Hullcranz
- October

FIVE POINTS TEAM CONTACT

FITNESS



We had 12 individuals complete the Tough Mudder in Rockford, IL on August 24th. We had 4 members complete the 15K, they completed 28 obstacles along their course. The rest of the members completed the 5K course conquering 12 obstacles! The Five Points team had a ton of fun and look forward to training and completing another race next year in 2025.

9/11 MEMORIAL STAIR CLIMB

The 9/11 Memorial Stair Climb is a yearly event that involves climbing 110 flights of stairs in honor of the victims and first responders of the September 11, 2001 attacks.

The number of flights represents the height of the Twin Towers that were destroyed on that day. This challenge is a way to remember those who lost their lives and to show appreciation for those who risked their lives to save others.

During the month of September, consider using the stair climber and climbing those 110 flights in remembrance of 9/11.

COMING SOON....

Caleb Liegey is joining the Five Points team to add basketball training to our many training options. He will begin taking one-on-one clients in the middle of September. He is excited and ready to work with kids of all ages! **Contact** *Caleb* at 309-215-7952 to set up a time.





Interested in joining? Email Megan West meganw@fivepointswashington.org to make sure you get notified about sign-ups for next year.





Mee Jason

I have always had a passion for health and fitness since high school. I love to strength train, run and participate in races when I have the time.

In 2022, I graduated from OSF St. Francis College of Nursing with my BSN in nursing. Since then, I have been employed by OSF St. Francis for two years.

Because of my love for fitness and the free time that working three 12 hour shifts a week gives me, I decided to get my personal training certificate from NASM this past spring.

I am beyond excited to share with others the knowledge I have gained from over five years of research, training and experience in the gym. I cannot wait to share my passion for fitness with my clients!

Jason is available to take on clients **Wednesdays, Thursdays and Saturday** mornings starting at 7AM.

Contact Jason to set up a personal training session: schwindy14@gmail.com or 309-202-0212



FIVE POINTS SUMMER OLYMPICS CHALLENGE

Group Fitness has had a busy summer! We just finished our First Annual Five Points Summer Olympics, and we had a blast! The last four weeks, teams of 4 people challenged instructors and trainers, did lots of classes and had lots of fun. Team *Ireland* took home the GOLD. Look out for another team competition later this year!



Mark your calendars for Saturday,
September 21 for Yoga on the Square. The
BodyBalance team will be up on the
Washington Square from 9:30-10:30AM.
There will be discounts at some of the
shops on the square that day as well, so
bring a friend and come "flow" with us.



Fall is coming which means we have one more Launch this year and you may see some changes to the group fitness schedule. Get in and try a class today...we have something for everyone!





YOUR HEALTH AND WELLNESS

MASTERING

Self-Accountability Through Systems

In Session 2, we're going to elevate your habits! You'll be shown how to create a personalized system that helps you juggle both your basic needs and your aspirations. Through oganized planning and habit-building, you'll learn how to make the most of your time, energy, and resources to reach your goals. This course will specifically teach you how to plan your week for success, set up routines and keep yourself on track, so life runs smoothly.



TUESDAYS AT 7:00 PM SEPTEMBER 10. 17. & 24

\$20 for Members \$50 for Non-Members



SIGN-UP **HERE**

MASTERING BEHAVIOR CHANGE

Mastering Behavior Change is an invaluable course suitable for a wide range of individuals, including professionals, students, athletes, coaches, teachers, parents and anyone striving to achieve a goal or make a significant life change. It is particularly beneficial for those who lead busy lives and are seeking effective strategies to manage their time and habits more efficiently.

Join Kelsea on the path to a healthier, happier you. Your journey to a vibrant life starts here.

Sausage and Veggies Skillet



Topical Section Ingredients

- 2 cups corn kernels (3 ears completely cooked)
- 1 tablespoon olive oil
- 12 oz sausage cooked, such as cajun sausage, andouille sausage or smoked sausage
- 1 large red bell pepper, diced
- 1 large zucchini, sliced
- ½ teaspoon chili powder
- fresh cilantro, chopped
- salt to taste

WHY KELSEA LOVES THIS RECIPE:

This meal is the simplest prep & clean up. It's become a go-to meal when the last thing I want to do is be stuck in the kitchen. The delicious flavors and balance of nutrients has replaced my take-out temptation on a busy weeknight.





Harvest Salad



Ingredients

- 10 oz. kale, deboned and chopped
- o massaged in 2-3 tablespoons olive oil & 1/2 teaspoon salt
- 24 oz. roasted butternut squash, cubed
- o roasted with 1.5 tablespoons olive oil, salt & pepper to
- nuts and seeds 1 cup raw pecans, 1/3 cup raw pumpkin
 - *OPTIONAL Candied: 1.5 tablespoons maple syrup & 1/8 teaspoon sea salt
- 12 oz. blackberries
- 1/4 cup goat cheese
- 1/4 cup dried cranberries
- balsamic dressing
 - 1 teaspoon dijon mustard
 - 1 tablespoon maple syrup
 - 2 tablespoons balsamic vinegar
 - o 2 tablespoons olive oil
 - o 1/8 sea salt

WHY KELSEA LOVES THIS RECIPE:

I look forward to this recipe every Fall/ Winter. These harvest flavors play on all your senses. I opt to not candy the nuts & seeds and just add them raw. Top with chicken or other protein for a balanced meal.



Five Points members receive 20% off office visits



CHECK OUT THIS FULL RECIPE

Five Points members receive

Points Washington members.

Five Points members can purchase the MVP membership at a discount: \$75 per month. With the MVP membership discount you receive: unlimited access to the Recovery Room, one FREE recovery eval, one FREE rehabilitation plan, 10% off on ALL 1-on-1 services, \$10 discount on all massage therapy services.



AQUATICS



We have had a wonderful summer here at Five Points. Thank you to all our members who participated in summer open swim and summer swim lessons! We have several exciting things happening in the Aquatics Department this fall! The Washington High School Girls' Swim Team began their season in August and have practices M-F until 6PM. We have two lifeguarding courses in October. We are also taking new requests for swim lessons as well! Don't forget to pick up an aquatics calendar each month to know what we have going on each day! Can't wait to see you all in the Aquatics Center.

POOL HOURS

Mon-Thurs	5:00 AM - 8:30 PM
Friday	5:00 AM - 6:45 PM
Saturday	6:00 AM - 5:30 PM
Sunday	7:00 AM - 5:30 PM

Please check our aquatics fitness class schedule for a list of classes. The pool is open for therapy use and personal exercise as well.

OPEN SWIM HOURS

Mon-Thurs	4:00 PM - 8:00 PM
Friday	4:00 PM - 6:45 PM
Saturdav and Sundav	12:00 PM - 5:30 PM

Special Open Swim Hours:

September 2 (Labor Day)	.10-2:30PM
October 14 (Columbus Day)	12-8PM



Swim Team Practices Mon-Fri | 3:30-5:30PM | Lanes 4-8 and a Re-Certification course through the Red Cross. To register visit: fivepointswashington.org/lifeguard-classes. Certification: October 5-6, 9AM-6PM

We are offering another full Lifeguard Certification course

*Prerequisites September 27, 6PM (or by appointment)

Re-Certification: October 19, 9AM-6PM

LIFEGUARD CERTIFICATION

CLASS



Diving practice will last until 6PM in the diving well

Learn how to Swim Like a Mermaid using a mermaid tail! With safety as the top priority, participants will be taught how to move through the water using a combination of their legs and the tail. Throughout the lessons, participants will learn tricks and techniques. This is a fun way to learn a new way to swim and move through the

All participants must be able to swim and be comfortable in the water. *A swimming test may be required. All sessions are 45 minutes.

Packages can be private or semi-private groups (up to 3 participants—we do not pair participants in semi-private groups, you must already have a group in mind).

Interested? Submit a request form online or directly to the Aquatics Manager. You will be paired with the mermaid and contacted directly by her to set up scheduling.



Parties are available on

Members: \$230 Non-Members: \$250



Invite a Mermaid to your birthday party! The mermaid will swim with all your participants and there will be an option for photos as well!

Saturdays or Sundays 11:30AM-1:30PM. 60 minutes in the water and 60 minutes in the party room.

*For safety reasons, all children must be 6 years of age or older. They also must be comfortable swimming in both the deep and shallow water to swim with the mermaid.

Members: \$450 Non-Members: \$470



Swim Lessons (Private and Semi-Private)

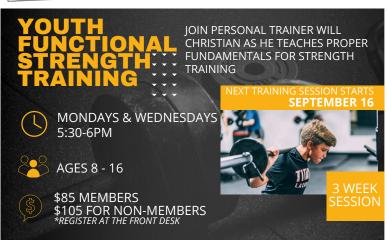
Hello from the other half of Aquatics! As we say goodbye to summer, you may see staff leaving for school as well as many new faces! We've got a busy fall with many Saturday & Sunday parties, so if you'd like to host a birthday party, scout rental or after hours event - please contact me at rachelem@fivepointswashington.org. Additionally, be on the lookout on our Five Points Washington Aquatic Center Facebook page for a Weekly Aquatics Tip segment called Diving into Aquatics!



FIVE POINTS KIDS



Hi everyone! My name is JD Raucci and I'm the newest Kids Clubhouse Attendant at Five Points! During the day, I'm the Communications Specialist at Tazewell County Health Department in Tremont and then at night, I head to Five Points to make sure your kids are safe, happy, healthy and having fun while you workout. I previously worked as a Sports Anchor at 25News in Peoria, but I've also worked with kids in summer camps and after school settings since 2013! Originally from Massachusetts, I have called Central Illinois home since 2021. In my free time, I love to hang out with my girlfriend and friends, listen to country music and watch sports! I look forward to getting to know everyone and grow with the Five Points team.







AQUATIC FUN & FIT JUNIOR

This is a fun aquatic exercise class that incorporates games in the water. For ages 7+, *Thur. 6-6:30PM*.

KIDS ON THE MOVE

This class will focus on coordination, group exercises and other fun fitness activities which will help kids increase speed, flexibility, agility and structure. For ages 7-12, *Mon. and Thur. 5:45-6:45PM*.

BORN TO MOVE (VIRTUAL)

This teaches age-appropriate motor skills that improves agility, balance, coordination, endurance, flexibility and speed. For ages 7+, *Tues.-Thur. 12:30-1:15PM*.

GROWING STRONG

Allow your child to enjoy supervised activities in the gym! Your child must check into the Kids Clubhouse to participate in the Growing Strong program. For ages 3-11. Children must be potty trained. *Mon.-Fri. 9-11AM*.

KIDS CLUBHOUSE HOURS

Daytime Hours:

Monday......8AM - 12:45PM Tuesday - Saturday.....8AM - 12PM

Sunday: CLOSED

Evening Hours:

Monday & Wednesday......4PM - 8PM Tuesday.....4:30PM - 8PM

INTERESTED IN 2 FREE HOURS OF CHILD CARE?

For members with a family memberships, we offer 2 hours of FREE child care per day. Kids Clubhouse is for ages 6 weeks - 11-years-old. Reservations are required for children 6 weeks - 12 months and can be made by calling 309-444-8222.

Don't have a Family Membership? No problem! We can watch your child for a small fee while you workout. The cost is \$9/hour.

For more information, stop by the front desk or visit our membership page on our website.

If you have any questions or concerns regarding the Clubhouse or any Five Points Kids programming, please contact Brad Weaver; Aquatics, Program and Clubhouse Manager: bradw@fivepointswashington.org

LIVE @ FIVE POINTS EVENT CENTER & THEATER





July was a pretty quiet month in the theater in terms of shows, but it was still a busy month. We had one performance, Gospelfest, at the beginning of the month and then the rest of the month was spent repainting the stage floor and getting ready for other renovations. We also prepared for our first show of the 2024 Show Series, The Red Hot Chilli Pipers! With just under 500 in attendance, it was an electric, unique and fun show that everyone seemed to enjoy! We had a great time hosting the show and it makes us very excited for the shows we have coming up next. We finished out the month of August with some exciting tribute shows for *The Eagles* and a medley of Motown Records' best performers!

Our next show in our series is the family friendly art and music circus Artrageous! This show is perfect for all ages, and it really emphasizes the amount of fun you can have in the arts. There are also some amazing opportunities for free prizes at this show! The first 200 attendees will receive the ArtVenture kit, a goodie bag of art supplies and tips, and all attendees will have the chance to win a painting from the group that has a market value of \$25,000! I can't wait for this show, and I hope to see you all there!









SEPTEMBER 29, 3PM

LIVE @ FIVE POINTS
CATERPILLAR PERFORMING ARTS CENTER

Then, on October 10, we will have a **SOLD OUT** performance by *Amy Grant*! We are so excited that this show sold out so early, and we can't wait to see that theater packed! Later in the month, on October 19, local 80's rock group Decade of Decadence will put on a night of all your favorite 80s hits, alongside Mixtape Mayhem. There's a lot of great things coming up that you will definitely not want to miss!





For complete details and to purchase tickets to our events, scan the QR code or visit FivePointsWashington.org/events



I'm a Marine Corps veteran and live in Washington with my wife and three kids. I have degrees in business management and logistics as well as extensive background in leadership/management positions. I am excited to apply these skills to my new role at Five Points.

During the end of July and into the beginning of August, we hosted the Ledgestone Open disk golf tournament in our facility. This event was a huge success and we had more than 2,800 individuals that passed through Five Points during their check-in process.

We have wrapped up our last Five Points Fridays event for the year and have already started gathering ideas for bigger and better Five Points Fridays events for 2025. We estimated there were around 450-500 guest at our August event.





LAUGHS AND LIBATIONS

Upcoming in the Banquet Rooms, we have a comedy show on November 16: Laughs & Libations. The headliner of this event is comedian Paul Taro, with comedians Ryne Thorson and Edgar Sandaval also sharing the stage. There will be live music from Raynan Unes-Reid before and after the comedy show and we will have hors d'oeuvres catered by Barrack's Catering. Tickets are available on our website for this night of comedy, music, hors d'oeuvres and cocktails.

We are also very excited to have 7 weddings held in our Banquet Rooms during the month of September! We will be busy this fall.

FUND DEVELOPMENT



Introducing Cara Lingley

Born and raised in the Washington Community where I have been deeply invested in the growth and well-being of my hometown. I grew up in and around my family's business (Lindy's Downtown Market) which taught me the value of community engagement and the impact of nurturing local connections.

Fund Development Coordinator

Currently, I balance my roles as a mother of two boys, dedicated real estate professional along with my new position as the Fund Development Coordinator at Five Points. As a real estate professional, I leverage my extensive local knowledge and commitment to helping clients find their perfect home. As the Fund Development Coordinator, I am passionate about supporting and advancing the mission of Five Points, working to foster positive change and development in the community.

Raising my two boys right here in Washington allows my personal and professional life to reflect my dedication to enhancing my community. My strong local ties and multiple roles underscore my commitment to both individual and community success.

I'm excited to co-host our Annual VIP Donor Reception on October 6th, which will also mark the 17th anniversary of Five Points Washington. I also want to extend our heartfelt thanks to all our members. As a token of our appreciation, you're all invited to participate in our Membership Appreciation Week from October 1-5. Looking forward to celebrating with you!

If you are interested in learning more about our Generational Impact Circle and how you can contribute to making a difference at Five Points, please reach out to me at anytime.



Cara Linsley

caral@fivepointswashington.org 309-444-8222x35



Generational Impact Circle participants are the leading annual donors of Five Points Washington that give \$1,000 or more. They give annually to support the vision and dedication to be a community of well-being for Generations to come.

For more information visit www.fivepointswashington.org/support

SENIOR ROOM

Senior Luncheon Washington



September 25 & October 30 | 11AM-12PM

Join us in Banquet Room C for the Washington Park District's monthly Senior Luncheon. These are held on the last Wednesday of every month. You do not have to be a Five Points member to attend. The cost is \$4 per person.

SENIOR ROOM GAME SCHEDULE

Monday......12:30PM......Mexican Train Dominoes*Speaker Series**

Tuesday......Pinochle, Euchre

Wednesday......1:00PM......3-13 (similar to Gin Rummy)

Thursday......12:30PM......Pinochle, Hand & Foot

Friday......Wii Bowling



*Mexican Train Dominoes is from 12:30-3PM on the 1st and 3rd Mondays of the month.



WPD BINGO

1st Tuesday of each month | 10AM September 3 & October 1

SPEAKER SERIES))



Monthly guest speakers will entertain and educate on a variety of topics. Join us in the Five Points Senior Room every fourth Monday from 1-3PM.

Attendance is free and Five Points membership is not required. Coffee and refreshments will be provided.



September 23 | 1-3PM Pictorial Journey of San Francisco's 1906 Earthquake with Rebecca Dailey



October 28 | 1-3PM

Halloween Party and Line Dancing with Ma Slusarek



Join Us Every Fourth Monday

FACILITY ANNOUNCEMENTS

THREADS, HOPE AND LOVE CLUTHING DRIVE



SEPTEMBER 1 - 30

Drop-off donations at bins in Five Points Lobby

Threads, Hope and Love accepts new and gently used clothing, shoes, purses, linens, housewares, knick-knacks, toys, books, scrubs, personal care items, and tons of other items that people would love to receive.



Learn more about Threads, Hope and Love **Donation Ideas:** New or gently used kids' sneakers, jeans, underwear and socks, hygiene products

FIVE POINTS PARTNERS



