

#### A Message from Five Points Washington:

I can't believe that 2024 is ending already! Last month, we celebrated our 17th anniversary by showing appreciation to you, our members. While we hope that you feel our appreciation throughout the entire year, we wanted to make sure to share some extra appreciation during October. We are so grateful that you entrust your mental and physical well-being to us. We strive to provide you with quality service, programs, as well as a safe environment for you to better your physical and mental well-being.

With the Holiday season upon us, our Five Points Cares initiatives will be in full swing! Throughout the year, our Five Points Cares initiative actively collaborates with local organizations to offer donations, volunteering hours, and create programs/services that enhance the lives of people in our community and beyond. Starting November 1, we will be holding The Salvation Army's annual Coats for Kids donation drive. Over the 7 years Five Points has been a drop spot for the Coats for Kids campaign, we have collected over 2,220 coats. We have been told that our bin is one of the most generous in the country; that is all thanks to our generous members. Also in November, our annual Toy Drive will start on November 4. During our Toy Drive, our Fitness and Aquatics departments have a friendly competition to see which department will bring in the most toy donations. Our Toy Drive benefits Toys for Tots as well as the Washington Schools. Last year, the Fitness department won the competition, who will be the winner this year?

In these next two months, we will also have plenty of entertainment for you in our Live @ Five Event Center. On November 16, we will be hosting Laughs and Libations in our banquet rooms; this will be a night of food, laughter, music and good times. In our Theater, The Wizards of Winter will kick off the holiday season on December 5. Plus, be on the lookout for a full 2025 show series announcement at the end of the year. Start marking your calendars, so you don't miss any of your favorite shows during 2025.

We hope everyone has a great rest of their year! Don't forget to keep an eye on our facility hours and fitness class schedules during the holiday season, as our hours will be adjusted. Make sure to enjoy time with your friends as well as your family and if we don't see you around during the holidays, we hope to see you back in the facility at the start of 2025! Happy holidays everyone.

- Vikki Poorman, General Manager

Members of the Month

THE JOHNSTON FAMILY



#### **EMPLOYMENT ANNIVERSARIES**

#### November

- 13 Lynn Cook
- 5 Madelyn Parrott
- 16 James Cobble 16 Catherine Miche
- 17 Jennifer Grote 18 Jordan Zwilling
- 3 Michelle Brecklin 19 Elizabeth Fitzpatrick 4 Joshua Schnetzler 25 Lisa Maynard

  - 29 Lynda Zimmermar

#### **December**

#### **FIVE POINTS TEAM CONTACT**

GENERAL MANAGER VIKKI POORMAN

THEATER MANAGER

IACHARYW@FIVE MARKETING MANAGER HE EOEHRKOLB

ASSISTANT GENERAL MANAGER OF BUSINESS LORI PACKMAN

FUND DEVELOPMENT COORDINATOR

CUSTODIAN MANAGER BRENNA NAU AQUATICS COORDINATOR
RACHELE MULLEN
RACHELEM@FIVEPOINTSWASHINGTO

THEATER TECHNICAL DIRECTOR

## **FITNESS**



# 9/11 MEMORIAL STAIR CLIMB

Thank you to everyone that completed the 9/11 Memorial Stair Climb. We had over 25 members complete this somber climb on 9/11.

\*OFFER VALID IN-PERSON AND ONLINE



# BLACK FRIDAY SAL NOVEMBER 29

PERSONAL TRAINING TO THE POINTS WASHINGTON

IF YOU HAVE BEEN
CONSIDERING PERSONAL
TRAINING, NOW IS THIS TIME!

OPEN TO **NEW** AND **EXCISTING** CLIENTS

CO-ED YOUNG ADULT LEAGUES



Pickleball
November 1-22

Dodgeball
December 6-20

Volleyball
January 10-31

Pickleball
February 7-28

Introducing, our first Co-Ed Young Adult Friday Night Leagues! Throughout November-February, we will offer 4 different recreational leagues to get you and your friends up and active. These leagues are open to anyone 18-years and older. These co-ed leagues are a great way to meet some new friends and stay active during the winter. Young Adult Leagues take place on Friday nights from 5-7PM.





### BASKETBALL TRAINER



Caleb Liegey has joined the Five Points team to add basketball training to our many training options. He has started taking one-on-one clients and is ready to work with kids of all ages!

Contact Caleb at 309-215-7952 to set-up a training session.



Contact Jason to set up a personal training session: schwindy14@gmail.com

or 309-202-0212.

## **Meet Personal Trainer Jason:**

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  $\bf Wednesdays, Thursdays \ and Saturday \ mornings \ starting \ at 7AM.$ 

### **GROUP FITNESS**

Fall is a great time to get connected to Group Fitness! We just had our final launch for this year, and we have also "launched" some new Les Mills classes. You will see we added **Les Mills PILATES** on Sundays from 3:30-4:15PM. This 45-minute mat Pilates class is designed to leave you strong, calm, and happy. Another great addition is **Functional Strength** on Mondays at 11:45AM and watch for an additional **SHAPES** class coming on Tuesday nights at 6:45PM.

**PILATES** 

FUNCTIONAL STRENGTH **Shapes** 



The holidays will be here before we know it, and we want to help you through them. The **2024 No Gain Campaign** is coming! This will run from Thanksgiving through the New Year, and we invite everyone to take part. *More details coming soon...* 

We believe in a community of fun and fitness and there is no better way to do that than Group Fitness! Grab a new schedule or check out the classes on the new Five Points app...we look forward to seeing you in one of the studios soon!!

# YOUR HEALTH AND WELLNESS

I'm Kelsea Sollberger, the Health & Nutrition Coach at Five Points Washington. You might wonder what sets a Health & Nutrition Coach apart from a Nutritionist or Dietician. While nutritionists and dieticians specialize in the scientific study of nutrition from a biochemical standpoint and thus craft tailored dietary plans, as a Health and Nutrition Coach, my focus is on guiding, supporting, and holding individuals accountable as they strive to enhance their dietary habits and overall well-being.



In my role, I assist clients in setting and reaching goals related to weight management, sports performance, disease prevention, or general wellness. Unlike simply prescribing meal plans or dietary restrictions, my approach emphasizes behavior change, aiding clients in developing sustainable lifestyle habits. Along the journey together, as your Nutrition Coach, I help you delve into the "Why?" behind your goals, uncovering your motivations. Together, we cultivate a disciplined mindset that aligns with the new identity you're shaping.

In our sessions, I focus on you as an individual, providing you with valuable knowledge and leaving you with 1-3 actionable steps to kickstart your progress. In the new year, I will be begin offering 1 on 1 session. If you are interested, please scan the QR code and fill out the inquiry form.





Five Points members receive 20% off office visits



Five Points members receive 5% OFF

when they mention they are Five 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.



## **FIVE POINTS CARES**

# THREADS, HOPE AND LOVE CLOTHING DRIVE







Thank you to our members for your continued support during the month of September! Over the 4-weeks, we collected 241 bags of donations to **Threads, Hope and Love**. During the month of September, some of our Five Points Management Staff spent a few hours sorting and organizing clothes. They spent a couple hours sorting containers of pants; starting with girls sizes that ranged from new born to 14. Then they worked on sorting boys pants from newborn to 16. Keep **Threads, Hope and Love** in mind when you are cleaning out your closets or your kids' closets. They take donations Tuesdays from 11AM-6PM.





## **AQUATICS**



We had a good turnout for the Aquatics Showcase and look forward to adding more Aquatic classes to the schedule in the future. We hope you were able to find a new class that you enjoyed!

As we transition to spending more time indoors, don't miss out on our exciting pool party packages and rentals! Beyond just birthday celebrations, we provide a range of options, including gym and pool rental combos—so you can enjoy the best of both worlds, with fun on land and in the water. You can also rent individual lanes for groups or outings. Contact me, Rachele Mullen (rachelem@fivepointswashington.org), for more information on all parties and after hours events.

Keep an eye out for upcoming dates for our Lifeguard Certification classes! If you are already a certified lifeguard, we are currently hiring! We are looking to immediately hire all shifts, various schedules with competitive wages and paid continuing training.

Lastly, the Washington High School Girls Swim season is coming to an end, but the Boys Swim team will begin shortly. Make sure to check the Five Points Aquatics Facebook page, Five Points website or stop by the front desk for practice and meet times.

#### **POOL HOURS**

Mon-Thurs	5:00 AM - 8:30 F	M
Friday	.5:00 AM - 6:45 P	M
Saturday	.6:00 AM - 5:30 P	Μ
Sunday	7:00 AM - 5:30 P	М

#### **Special Open Swim Hours:**

November 27 (Thanksgiving Break	k)12-8PM
November 28 (Thanksgiving)	Closed
November 29 (Black Friday)	12-6:45PM
December 2-5	12-8PM
December 6	12-6:45PM
December 23 (Winter Break)	12-8PM
December 24 (Christmas Eve)10	AM-1:30PM

#### **OPEN SWIM HOURS**

Mon-Thurs	. 4:00 PM - 8:00 PM
Friday	. 4:00 PM - 6:45 PM
Saturday and Sunday	.12:00 PM - 5:30 PM

#### **Special Open Swim Hours Cont.:**

December 25 (Christmas)	Closed	
December 26 (Winter Break)	12-8PM	
December 27 (Winter Break)	12-6:45PM	
December 30 (Winter Break)	12-8PM	
December 31 (New Year's Eve)	10AM-3:30PM	
January 1 (New Year's Day)	10AM-1:30PM	
Normal Open Swim Hours Resume January 6		

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

## POOL RENTALS



Available during open hours, group outings can be held at the pool or both the pool and the gym. Rates vary depending on group size.

Girl/Boy Scouts

Field Trips

Summer Camps

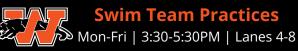
Package 1: Small Rental

- Up to 100 people
- 1-3 hours, \$300/hour
- Includes 3-4 lifeguards





We offer full Lifeguard Certification courses and Re-Certification courses through the Red Cross. View our 2025 classes online and register by visiting *fivepointswashington.org/lifeguard-classes*.



Diving practice will last until 6PM in the diving well

12/23 - 1/3 the swim team will practice from 10:20AM-12:20PM (except for Christmas and New Year's Day)

Package 2: Medium Re

- 100-150 people
- 1-3 hours, \$350/hoບ
- Includes 5 lifeguards

Package 3 : Large Rental

- 150-200 people
- 1-3 hours, \$400/hour
- Includes 6 lifeguards



Parties are available on Saturdays & Sundays.

**60** Minutes Swim Time

**60** Minutes Party Time

\*Parents must be in the water at all times with children 5 and under.

Members: \$260 Non-Members: \$280



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

# BLACK FRIDAY NOVEMBER 29

TAKE ADVANTAGE OF 10% OFF SWIM LESSONS AND SWIM TRAINING ON BLACK FRIDAY!





#### Swim Lessons (Private and Semi-Private)

We are taking new private lessons! We have a wonderful team of instructors that want to help you, or your kiddos reach swimming goals in a comfortable setting. We offer flexible scheduling that works for everyone! To get signed up visit our Five Points Washington Aquatics page, on our website, and submit an electronic request form. We recommend submitting a request at least 3 weeks before you would like to begin.

For more questions, please contact Aquatics Manager, Brad Weaver: bradw@fivepointswashington.org or (309) 444-8222x48

# FIVE POINTS KIDS



Join us at the Five Points Washington Kids Clubhouse for an exciting November and December! In November, we will have a fun Thanksgiving craft for the kids to enjoy.

December brings a special Silent Auction with items donated by the Five Points staff. Additionally, the kids and teachers will be creating beautiful ornaments available for purchase at the front desk. All proceeds from the Ornament Sale as well as the Silent Auction will support the Kids Clubhouse. Don't miss out on these festive activities and opportunities to support our Kids Clubhouse!

### ORNAMENT SALE

#### **DECEMBER 1-20**

The kids in the Clubhouse will be decorating ornaments that will be available for purchase, these ornaments will be located on our special tree at the front desk. All proceeds made from the Ornament Sale will be used to benefit the Kids Clubhouse.



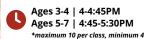
## <u>SILENT AUCTION</u>

**DECEMBER 16-20** We will have a Silent Auction with homemade items donated by Five Points staff. All proceeds will benefit the Kids Clubhouse.





**Every Tuesday for 5-Weeks** November 12 - December 17 \*No class December 3





\$ \$80



#### AQUATIC FUN & FIT JUNIOR For ages 7+, Thur. 6-6:30PM.

#### KIDS ON THE MOVE

For ages 7-12, *Mon. and Thur. 5:45-6:45PM*.



**BORN TO MOVE (VIRTUAL)** For ages 7+, Tues.-Thur. 12:30-1:15PM.

#### GROWING STRONG

For ages 3-11. Children must be potty trained. Mon.-Fri. 9-11AM.



MONDAYS & WEDNESDAYS | 5:30-6PM

🛂 AGES 8 - 16

\$85 MEMBERS \$105 FOR NON-MEMBERS \*REGISTER AT THE FRONT DESK

#### KIDS CLUBHOUSE HOURS

#### **Daytime Hours:**

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

#### **Evening Hours:**

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

#### **INTERESTED IN 2 HOURS OF CHILDCARE?**

The Kids Clubhouse offers 2 hours of childcare 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.

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**





September was a fairly quiet month for the theater, with the exception of Artrageous: the art and music circus. Everyone who attended the show had a blast and we had incredible reviews from this performance. The following day, Artrageous put on a second performance for some local students in our are as a part of their ArtReach initiative. We had Christ Lutheran School from Peoria, as well as some local homeschool students present to witness a private viewing of the Artrageous show. These students had the chance to participate in the show with the performers and ask questions to the artists!

October was a bit busier for us, as we had multiple concerts throughout the month. Our first major concert was Gospelfest Ministries' first ever county gospel show. With a near-packed theater, it was a great success! Then, on October 10th, we had the sold out performance of Amy Grant, which was a massive hit. We had great reviews and the music was wonderful from Amy Grant. Next, we had back-to-back performances in one weekend! On October 19, we had local rock groups Mixtape Mayhem and Decade of Decadence, then on October 20 we had A Taste of Ireland. Both shows were so full of energy and the crowds were very invested in the performances!

November is another slower month in the theater, with only two shows in the month. Washington Community High School will be hosting their fall musical here from Nov. 21-23: Beauty and the Beast. Then Gospelfest Ministries will host their annual Christmas show on November 30 at 7PM. \*\*Veterans Day is on November 11 and we are happy to offer a special Veterans discount for our January showing of Lee Greenwood. Purchase your tickets for this show online, over the phone, or in person on November 11 and receive 15% off with promo code: vet15.

December is packed with Christmas shows! Starting off with The Wizards of Winter on December 5. They are an offshoot of the Trans-Siberian Orchestra, and they truly help you find the meaning of Christmas. Then, on December 7, Peoria Pops Orchestra will host their annual Christmas show at 6:30PM. Following that, the Peoria Area Civic Chorale hosts their American Family Christmas from December 13-15. Our final Christmas production of the year is Candlelight by Fever on December 20. Their first show will be a tribute to Coldplay, but their second show of the evening will be Christmas tunes featuring The Nutcracker. It should be a beautiful way to cap off our Christmas shows for the year. We hope you will come out and kick off your holiday festivities with us this holiday season!

BLACK FRIDAY **NOVEMBER 29** DECEMBER 2

OFFERS AVAILABLE ONLINE, OVER THE PHONE AND IN-PERSON.

**BLACK FRIDAY DEALS WILL** AUTOMATICALLY APPLY AT CHECK OUT FROM NOVEMBER 29 - DECEMBER 2!









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

Get ready for some exciting events happening in the Event Center! Mark your calendars for November 16! Join us for Laughs and Libations, an entertaining evening featuring three talented comedians, along with live music before and after the show. We'll also have delicious catered hors d'oeuvres to enjoy throughout the night. We look forward to an amazing event and continuing to serve our community with great shows and experiences!

Keep an eye out for ticket sales for two of our upcoming events in 2025 in the banquet rooms: Love Struck - Murder Mystery Dinner and Cabin Fever featuring Captain Quirk.



LOVE STRUCK - FEBRUARY 14

OFFERS AVAILABLE ONLINE, OVER THE PHONE AND IN-PERSON.

BLACK FRIDAY DEALS WILL AUTOMATICALLY APPLY AT CHECK OUT FROM NOVEMBER 29 - DECEMBER 2!



**COMING IN 2025...** 





CABIN FEVER FEATURING CAPTAIN OUIRK FEBRUARY 22 | 7-11PM

# **FUND DEVELOPMENT**



We are thrilled to announce the unveiling of the Five Points Community Gallery Wall, showcasing the incredible talents of our featured local artists. The new addition was made possible through the generosity of Sharron and John Amdall.

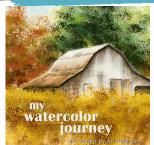






Current Exhibit: Ruth Inman

Make sure to stop by to see Ruth's exhibit, which runs from October 6 - November 10. Don't miss the chance to experience her captivating



**Upcoming Exhibit:** Ati Peterson

Our next featured artist will be Ati Peterson, whose exhibit "my watercolor journey" will be on display from November 13 - January 5. Ati will be hosting a reception on December 8 from 2-4PM in front of the Art Wall. This is a wonderful opportunity to connect with the artist and learn more about her creative process.

This Giving Tuesday, December 3, join Five Points Washington in making a meaningful impact in our community! As a 501(c)(3) organization, we rely on your generosity to support our programs and initiatives. Many employers offer matching gift programs, which means your donation could be doubled! Check with your employer to see if they participate in a match program. Together, we can create positive change and enrich the lives of those we serve.



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.

Cara Linsley caral@fivepointswashington.org 309-444-8222x35

For more information visit www.fivepointswashington.org/support

# **SENIOR ROOM**

## Senior Luncheon Washington



### November 20 & December 18 | 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 (notice the dates for November and December, due to the holidays). You do not have to be a *Five Points member to attend.* The cost is \$4 per person.

## SENIOR ROOM GAME SCHEDULE

Monday......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 November 5 & December 3

## **SPEAKER** SERIES))



NOVEMBER 25 & DECEMBER 23

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.



November 25 | 1-3PM

A Trip to Australia and New Zealand with Photographers Joe and Pat Virbickis



December 23 | 1-3PM A Very Merry Christmas Party

**FREE** Events

Join Us Every Fourth Monday from 1-3PM

# **FACILITY ANNOUNCEMENTS**

## **HOLIDAY FACILITY HOURS**

**Facility Hours** 

Christmas Eve | 4:30AM - 2PM Christmas | CLOSED

New Year's Eve | 4:30AM - 3PM New Year's Day | Closed **Aquatics Center Hours** 

New Year's Eve | 7AM - 2:30PM Open Swim -10AM - 2:30PM

Year's Day | Closed New Year's Day | Closed



Stay up to date on our social media and flyers in the facility for fitness class cancellations during the holiday season.

Holiday Membership Specials



\*limit 1 offer per person, offer valid until 11/29/24 - 12/24/24 \*\*If you purchase a gift card, must be redeemed by 1/31/25

6 month
MEMBERSHIP OPTION

\*limit 1 offer per person, offer valid until 11/29/24 -1/12/25



GET YOUR FIRST MONTH FOR \$24 WHEN YOU SIGN UP FOR A YEAR MEMBERSHIP!

\*limit 1 offer per person, offer va 11/30/24 -1/12/25



GET YOUR FIRST MONTH FREE WHEN YOU SIGN UP FOR A YEAR MEMBERSHIP ON BLACK FRIDAY!

imit 1 offer per person, offer val BLACK FRIDAY 11/29/24

HsaGRINCH....O

Keep your eyes out for the Five Points Grinch! He will be making some special appearances throughout the holiday season at our facility and out in town. See if you can catch him and get a picture with him. Make sure to tag Five Points and add #FivePointsGrinch.



# **FIVE POINTS PARTNERS**





Washington Community Bank is again excited to sponsor many community events this holiday season. Some of these include the Kevin Brown Memorial Tournament of Champions (week of Thanksgiving), the Annual Mayor's Prayer Breakfast on November 21, Washington Community High School sporting events/activities, as well as the many other events held at Five Points! You'll find their poster in our lobby as one of our major sponsors, and you can always stop out to see them at 1895 Washington Road (across from Taco Bell) for all of your banking needs!





