

July, August, September 2025

FON DU LAC PARK DISTRICT SENIOR NEWSLETTER

201 VETERANS DRIVE, EAST PEORIA, IL, 61611 • 309-699-3923 • WWW.FONDULACPARK.COM



Jackie Gorrell

Adult Program Coordinator

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10:00am – 2:00pm

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Just a Reminder

- ★ If you aren't feeling well please stay home.
- ★ Please make sure to register ahead of time for all programs and pay attention to deadlines.
- ★ Please arrive 15 minutes early for all trips.
- ★ **Cancellation Policy:** You must cancel 48 hours in advance of program or before posted deadline to receive a refund.

Hello Dear Friends,

As the sun shines brighter and the days grow longer, we welcome the joys of summer! It's a season of relaxation, adventure, and making memories with loved ones. Whether you're basking in the warmth of the great outdoors, tending to a blooming garden, or simply enjoying a cool drink on a sunny afternoon, may this summer bring you happiness and health.

Just a reminder, please make sure to be here 15 minutes before our scheduled outings and programs. If for some reason you will not be able to make an outing or program, please call and let the front desk know ASAP. That allows those on the waiting list a chance to join in. We greatly appreciate it. Thank You!

Stay connected, stay active, and most importantly, stay cool!

Wishing you a wonderful summer,
Jackie

Please Note:

The Fon du Lac Park District Administration Center will be closed Friday, July 4 in observance of Independence Day, and Monday, September 1 in observance of Labor Day.



July 15



Aug 12



Sept 9



ART CLASSES WITH JOE MCGUIRE

Paint the beautiful Peninsula State Park in Wisconsin

One of Joe's favorite places to paint is Door County, Wisconsin. You will paint a scene from the Green Bay shore in this popular state park. Joe brings everything you need for an enjoyable morning of painting. Wear something you can get paint on. **Please sign up and pay by July 10.**

Date: Tuesday, July 15

Time: 10:00am – 12:00pm

Cost: \$23.00 (Supplies Included)

Held in Room M

Paint pouring with Joe!

It's been a while since we have done this popular, dramatic painting style. You will create not just one pour painting, but two! Joe brings everything you need, including some cool new colors. Just \$26 for everything. **Please sign up and pay by August 7.**

Date: Tuesday, August 12

Time: 10:00am – 12:00pm

Cost: \$26.00 (Supplies Included)

Held in Room M

Paint a Detweiller Park scene

The Peoria area is a beautiful place with so many great locations to paint from. Joe brings you this lovely scene from Detweiller Park in the early summer. He will bring everything you need.

Please sign up and pay by September 4.

Date: Tuesday, September 9

Time: 10:00am – 12:00pm

Cost: \$23.00 (Supplies Included)

Held in Room F



Joe welcomes all skill levels. Come join Him!
All Classes held at Fon du Lac Park District



Website

<https://joetheartguy.com/>



CARD GAMES

Simple card games like Uno, Crazy Eights, Go Fish and War can improve working memory in two ways. You must keep the rules of the game in mind, and you must also remember what cards you have and want to play.

Date: Wednesday, July 16

Time: 10:30 – 11:30am

Cost: \$2.00 – Snacks & Drink Provided

Held in Room M – Please Sign up by July 9



PICTIONARY

Test your drawing skills and plan on laughing, as we sketch our way through clues by using our brain and markers. We will be guessing what the picture is as one of our friends draws it out for us.

Date: Wednesday, August 13

Time: 10:30 – 11:30am

Cost: \$2.00 – Snacks & Drink Provided

Held in Room M – Please Sign up by Aug 6

TRIVIA

Trivia is an easy (sometimes hard) game to play. Let's get those brains working as we play Trivia.

Date: Wednesday, September 3

Time: 10:30 – 11:30am

Cost: \$2.00 – Snacks & Drink Provided

Held in Room M – Please Sign up by Aug 27





MOVIE & LUNCH

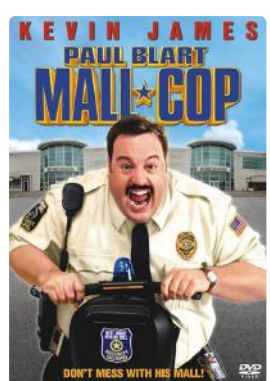
Movie Dates	Title	Rating	Time
Monday, July 14	Paul Blart Mall Cop	PG	1h 31m
Monday, Aug 11	Hairspray	PG	1h 57m
Monday, Sept 15	The Sandlot	PG	1h 42m

Time: 10:30am – 1:30pm (Approx.)

Cost: \$5.00 per date

Enjoy popcorn and drinks during the movie. Lunch after the movie is sponsored by St. Francis Woods.

PLEASE NOTE: You must be registered by the Wednesday before the Movie Day. Walk ins will not be accepted.



Monday, July 14 • Paul Blart Mall Cop (2009) • Comedy, Slapstick Action

Paul Blart is a mild-mannered man who works as a security guard in a New Jersey mall. For years, he has applied to become a cop, but he always fails the physical exam because he has hypoglycemia and tends to pass out when his blood sugar is low. One day, a gang of organized criminals put the mall under siege and took hostages. Blart becomes trapped inside, and because of his sense of duty, refuses to leave. He thus becomes the police department's eyes on the inside and attempts to stop the criminals on his own.



Monday, August 11 • Hairspray (2007) • Comedy, Drama, Musical, Romance

It's 1962 and teenagers Tracy Turnblad and her friend Penny Pingleton are avid Corny Collins fans. When the chance to dance on the show is publicized, Tracy jumps on the opportunity. Not only does her dancing skills attract Corny Collins, but also the attention of teen heartthrob Link Larkin. But not everyone is happy with Tracy's joining the show. The show's manager, Velma von Tussle, will do anything to oust Tracy, even if it has to include Tracy's friends Seaweed and Motormouth Maybelle.



Monday, September 15 • The Sandlot (1993) • Comedy, Sports, Family

Scotty Smalls moves to a new neighborhood with his mom and stepfather and wants to learn to play baseball. Benny Rodriguez, the neighborhood baseball guru, takes him under his wing and he soon becomes part of the local baseball buddies. They fall into adventures involving baseball, treehouse sleepovers, the desirous lifeguard at the local pool, the snooty rival Little League team, and the travelling fair. Beyond the fence at the back of the sandlot menaces a legendary ball-eating dog called the Beast, and the kids inevitably must deal with him.

All movies are held at the Fon du Lac Park District Administration Center in Room M

AM I NORMAL?

Is age just a number?

What is Normal for my Age?

Learn what is common for seniors and more importantly, what aches and pains you DON'T have to live with!

YOU can take steps to get stronger and improve your balance!



Join us for a presentation! For more information call Laurie at 309-231-9075

Date: Monday, July 28

Time: 1:00 – 2:00pm

Cost: FREE – Please sign up by July 22

Held in Room M



HEARING LIFE SCREENING

Free Hearing Screenings with Hearing Life

Is it wax or hearing loss? No cost hearing screening plus otoscopic exam for ear wax. Everyone welcome. Age is the #1 cause of hearing loss. Consequences of untreated hearing loss include: increased risk of dementia, reduced social life, anxiety and insecurity. Hearing Life has locations in Peoria and Washington.

Date: Monday, September 22

Time: 10:00am – 12:00pm (Approx.)

Cost: FREE – Please sign up by Sept 17

Held in Room M



Save the Date

TAZFEST

October 1, 2025

Held at Fon du Lac Park District Administration Building

Presented by Tazewell County Triad

More information to follow in the October - December newsletter





If it's Tuesday and we are open, it's BINGO!

July 1

Sponsored by Solvera Health

July 8

Sponsored by SYNERGY HomeCare

July 15

Sponsored by Charter Senior Living of Pekin

July 22

Sponsored by CEFCU

August 5

Sponsored by Oak Street Health



August 12

Sponsored by Liberty Village of Peoria

August 19

Sponsored by Liberty Village of Pekin

September 2

Sponsored by Solvera Health

September 9

Sponsored by SYNERGY HomeCare

September 16

Sponsored by CapTel

September 23

Sponsored by CEFCU

Date: Tuesdays

Time: 1:00 – 2:30pm

Cost: \$2.00 per date – Held in Room M



Date: Tuesdays, Jul 29, Aug 26, Sept 30

Time: 9:30 – 11:30am

Cost: \$4.00 per date – Held in Room M

PLEASE MAKE SURE TO SIGN UP A WEEK IN ADVANCE

Sponsored by Brandon Wood

Retirement Ctr. & Interim HealthCare



All Card Games Held in Room A

Beginners are always welcome!!

Hand & Foot

Mondays, 1:00 – 3:00pm

No Hand & Foot on Sept. 1

Samba

Tuesdays & Thursdays, 10:00am – 3:00pm



Mahjong (Tile Game)

Wednesdays, 9:00am – 12:00pm

Held in Room A



Yahtzee

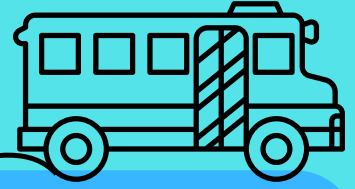
Dates: Thursdays, Jul 3, 10, 17, 24, 31,
Aug 7, 14, 21, 28, Sept 4, 11, 18, 25

Time: 12:00 – 2:00pm

Cost: No Cost – Held in Room M

Oh, the fun places we can eat!

Please make sure to arrive
15 minutes early for all trips



Babe's on Plum, Havana

Date: Friday, July 11

Time: 10:15am – 2:30pm (Approx.)

Cost: \$20.00 – Plus your meal

Please sign up and pay by July 9

Scan QR code to view menu



Davis Brothers Pizza, East Peoria

Date: Thursday, August 14

Time: 11:00am – 2:00pm (Approx.)

Cost: \$2.00 – Plus your meal

Please sign up and pay by Aug 11

Scan QR code to view menu



Office on Main, Morton

Date: Monday, September 8

Time: 11:00am – 2:00pm (Approx.)

Cost: \$3.00 – Plus your meal

Please sign up and pay by Sept 3

Menu is on Facebook - OfficeonMain

The Machine Shed, Davenport, IA

Date: Monday, July 21

Time: 2:30 – 7:30pm (Approx.)

Cost: \$25.00 – Plus your meal

Please sign up and pay by July 17

Scan QR code to view menu



Grand Prairie Pizza & Tavern, Peoria

Date: Wednesday, August 27

Time: 4:00 – 6:30pm (Approx.)

Cost: \$3.00 – Plus your meal

Please sign up and pay by Aug 21

Scan QR code to view menu



Mystery Dinner



Date: Wednesday, September 24

Time: 3:30 – 7:15pm (Approx.)

Cost: \$15.00 – Plus your meal

Please sign up and pay by Sept 19

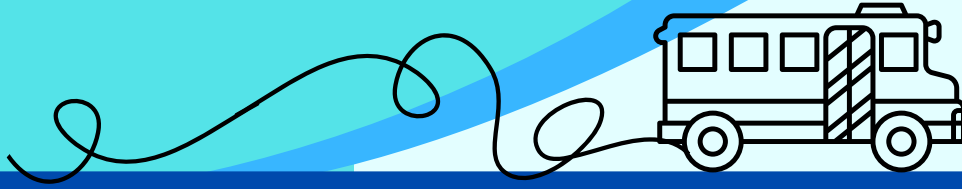
Scan QR code to view menu



Join us!!

All you need to do is call 309-699-3923 to register for a program or outing. Most programs meet at Administration Building unless otherwise noted. The transportation for outings and trips is our own 14-passenger or 25-passenger mini coach. Longer trips may use a larger charter bus, which will always be signified in trip description. We welcome new attendees to any of our programs. Come join us!

Oh, the fun places we will go!



Circa 21 Mary Poppins, Rock Island

Everyone's favorite practically perfect nanny takes the stage in this Supercalifragilisticexpialidocious musical adventure. Young Jane and Michael have sent many a nanny packing before Mary Poppins arrives on their doorstep. Using a combination of memorable adventures, magic and common sense, she must teach the family members how to value each other again. Featuring beloved music by The Sherman Brothers, such as "Spoonful of Sugar," "Jolly Holiday," "Step in Time," "Feed the Birds," and "Let's Go Fly a Kite," it's no wonder this enchanting musical received nominations for 9 Olivier and 7 Tony Awards, including Best Musical. **Please sign up and pay by July 10. No refunds after July 11.**

Date: Wednesday, July 30

Time: 8:45am – 6:30pm (Approx.)

Cost: \$85.00 – Ticket price for matinee performance includes transportation, meal, dessert, show, gratuity and choice of water, tea, or coffee to drink. Any other beverages or desserts, and additional gratuity are on your own. (22 person max)

I&M Tour - Mules, Mansion & Mimosas Tour, LaSalle

Pair the I&M Canal Boat Tour with a visit to another local treasure, the beautifully restored Reddick Mansion! Experience a relaxing and educational ride on the I&M Canal, then kick back with mimosas while enjoying the Boat Captain's Lunch in the I&M Canal Visitor Center's Vintage Room. Next, venture to the Reddick Mansion, and explore the 22 - room Italianate mansion along with the estate's specialty gardens. **Please sign up and pay by July 14. No refunds after July 21.**

Date: Wednesday, August 6

Time: 9:00am – 6:00pm (Approx.)

Cost: \$85.00 – for transportation, meal, 1 mimosa and admission. (23 person max)



**NEVER STOP
EXPLORING**

Oh, the fun places we will go!



Old Book Barn and Lunch, Forsyth

We will load the bus and head to Forsyth, IL to visit the Old Book Barn, one of the Midwest's largest new & used bookstores. 14,000 sq. ft. sales floor, 200,000 Books, New & Used, Paperback, Hardcover, Domestic & International Mail Order. Proudly Veteran owned since 1998! After we will head to Benny's Grill in Decatur. **Please sign up and pay by August 13. No refunds after August 15.**

Date: Monday, August 18

Time: 9:00am – 5:00pm (Approx.)

Cost: \$20.00 – for transportation. Meal on your own. (14 person max)

Peoria Riverfront Museum

COME FOR THE MORNING, STAY FOR THE DAY!

Please join us as we attend Senior Day at the Peoria Riverfront Museum which is held on the third Wednesday of each month. Members and seniors 60+ can enjoy all exhibitions and daytime planetarium shows for free. At 10:00am Coffee and Pastries are offered, at 10:30am we will learn from the Exhibitions Coordinator Harry Sidebotham on what it takes to make this museum come to life! See behind the scenes photos of installations and learn about all thing's curations. **Please sign up and pay by August 15. No refunds after August 18.**

Date: Wednesday, August 20

Time: 9:30am – 12:30pm (Approx.)

Cost: \$2.00 – for transportation. (14 person max)

Luau Party at Liberty Village

Time to get your grass skirts and Hawaiian shirts out as we head to Liberty Village in Pekin for their Luau Party. **Please sign up and pay by August 25. No refunds after August 25.**

Date: Thursday, August 28

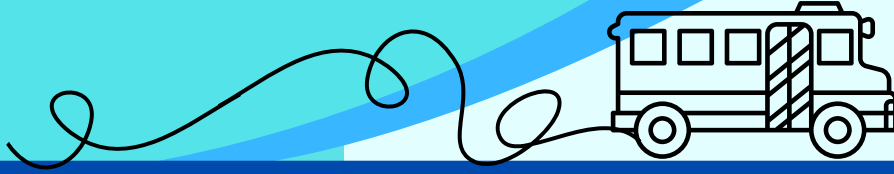
Time: 5:00 – 8:00pm (Approx.)

Cost: \$3.00 – for transportation. (14 person max)

**NEVER STOP
EXPLORING**



Oh, the fun places we will go!



Gambling at the Golden Nugget, Danville

Come try your luck and win a buck or a few as we head to Danville, IL. We will enjoy the casino for approximately a hour and a half and eat lunch after. Who will be the winner? **Please sign up and pay by August 29. No refunds after September 2.**

Date: Thursday, September 4

Time: 8:00am – 4:00pm (Approx.)

Cost: \$25.00 – for transportation. Meal on your own. (14 person max)

Pumpkin Festival Bingo

Senior Appreciation Afternoon with Pumpkin Bingo and Pumpkin pie after bingo. **Please sign up and pay by September 4. No refunds after September 9.**

Date: Thursday, September 11

Time: 12:45 – 3:30pm (Approx.)

Cost: \$3.00 – for transportation. (14 person max)

Spark Program with Kim from Charter Senior Living

What we will be doing will be determined as we get closer to the date.

Please sign up and pay by September 22. No refunds after September 23.

Date: Thursday, September 25

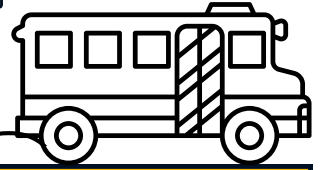
Time: 3:30 – 6:30pm (Approx.)

Cost: \$3.00 – for transportation. (14 person max)



**NEVER STOP
EXPLORING**

NEXT STOP TREASURE HUNT



THRIFTING IN GALESBURG

Let's load the bus and head to Galesburg for a day of thrifting. We will stop along the way for lunch. **Please sign up and pay by July 18. No refunds after July 21.**

Date: Thursday, July 24

Time: 9:00am – 4:00pm (Approx.)

Cost: \$20.00 – for transportation. Meal on your own. (12 person max)

ANTIQUING IN SANDWICH

Antiquing is more than just shopping... It's an adventure! For lunch we are stopping at the Bull Moose Bar & Grill which provides a historic setting incorporating an 1893 Pullman Palace dining car used by President Roosevelt in his 1912 "Bull Moose Party" presidential campaign. Alison recommends the PBBB&JJ Burger and Apple Slaw. It's SO GOOD!...and yes, her family does make special trips to eat there, with the bonus of antiquing. **Please sign up and pay by August 18. No refunds after August 19.**

Date: Friday, August 22

Time: 8:00am – 5:00pm (Approx.)

Cost: \$25.00 – for transportation. Meal on your own. (12 person max)

ANTIQUING IN MINONK & EL PASO

May the odds be in your favor today as we head to Minonk & El Paso. We will also stop for lunch and visit the Minonk Chocolate Co. **Please sign up and pay by September 11. No refunds after September 12.**

Date: Wednesday, September 17

Time: 9:00am – 4:00pm (Approx.)

Cost: \$18.00 – for transportation. Meal on your own. (12 person max)



NEVER STOP
EXPLORING

WIN

WEIGH IN NOW

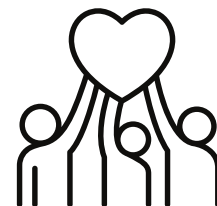
Come Join Our Weight Loss Group

Join us for our program that we've designed to provide accountability and support no matter where you are on your journey. Programs, speakers, contests, and incentives, along with great camaraderie will only bolster your efforts. **For new and current WIN members annual dues are \$20.00. In addition, there are also weekly dues of \$2.00.**

"WIN!" meets in room M every Thursday with weigh in between 10:00 – 10:30am and the meeting following until 11:00am. If you have any questions on how you can become a happier, healthier you please come to a meeting. We would be happy to have you!



Home Extension of East Peoria Home & Community Education



We have a gem of a group meeting right here and you are all invited to join in!
Meet new people, learn, and help others at Home and Community Education.

This group, with an astounding 90+ year history, is inviting and welcoming new members to experience all this program has to offer. Under the guidance of Tazewell County Home and Education, an extension of the University of Illinois, this is one group to get involved with. A "4-H for grownups" as Home Extension describes it; the purpose of this program is education on topics regarding family, community, and home, along with community service to area worthwhile organizations like the Veterans' food pantry for Tazewell County.

You do not have to live in Tazewell County to participate and anyone is welcome to as a guest. Dues are \$20.00 for the year. Meetings are held at the Admin Building the first Thursday of each month in Room L. Meetings start at 11:00am and are over by approx. 2:00pm. Next meeting is on September 4, 2025. Please make sure to bring your own lunch. ***Meetings held in the summer months, June, July and August will be held offsite at the Bethany Missionary Church in East Peoria.*

July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Bingo 1:00-2:30pm Rm M	2 Mahjong 9:00am-12:00pm Rm A	3 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M <i>Home Ext meets offsite - see newsletter for details</i>	4 CLOSED HAPPY <i>Independence Day</i>
7 Hand & Foot 1:00-3:00pm Rm A	8 Samba 10:00am-12:30pm Rm A Bingo 1:00-2:30pm Rm M	9 Mahjong 9:00am-12:00pm Rm A	10 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M	11 Babe's 10:15am-2:30pm Bus
14 Hand & Foot 1:00-3:00pm Rm A Movie & Lunch 10:30am-1:30pm Rm M	15 Samba 10:00am-12:30pm Rm A Bingo 1:00-2:30pm Rm M Painting w/Joe 10:00am-12:00pm Rm M	16 Mahjong 9:00am-12:00pm Rm A Memory Therapy 10:30-11:30am Rm M	17 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M	18
21 Hand & Foot 1:00-3:00pm Rm A Machine Shed 2:30-7:30pm Bus	22 Samba 10:00am-12:30pm Rm A Bingo 1:00-2:30pm Rm M	23 Mahjong 9:00am-12:00pm Rm A	24 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M Thrifting 9:00am-4:00pm Bus	25
28 Hand & Foot 1:00-3:00pm Rm A Am I Normal 1:00-2:00pm Rm M	29 Samba 10:00am-12:30pm Rm A Bingo & Breakfast 9:30-11:30am Rm M	30  Mahjong 9:00am-12:00pm Rm A Circa 21 - 8:45am-6:30pm Bus Its Jackie's Birthday Today! HAPPY BIRTHDAY	31 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M	

60TH BIRTHDAY WORDSEARCH

C	M	H	A	P	P	Y	I	C	E
E	B	I	C	E	C	R	E	A	M
L	S	I	X	T	I	E	T	H	S
E	C	B	H	E	W	I	T	H	U
B	L	A	E	J	S	X	J	P	R
R	B	I	R	T	H	D	A	Y	P
A	N	T	O	D	H	Y	C	K	R
T	R	L	E	T	S	A	K	R	I
E	L	J	U	L	Y	Y	I	I	S
A	N	D	E	C	A	K	E	S	E

Happy Birthday

CAKE

CELEBRATE

HAPPY

SHH

SIXTIETH

LETS

BIRTHDAY

SURPRISE

JACKIE

HER

ICE CREAM

WITH

JULY

CARDS

BONUS WORDS

AND

KRIS

Her 60th Birthday is on July 20



August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 Hand & Foot 1:00-3:00pm Rm A	5 Samba 10:00am-12:30pm Rm A Bingo 1:00-2:30pm Rm M	6 Mahjong 9:00am-12:00pm Rm A I&M Tour - 9:00am-6:00pm Bus	7 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M Home Ext meets offsite - see newsletter for details	8
11 Hand & Foot 1:00-3:00pm Rm A Movie & Lunch 10:30am-1:30pm Rm M	12 Samba 10:00am-12:30pm Rm A Bingo 1:00-2:30pm Rm M Painting w/Joe 10:00am-12:00pm Rm M	13 Mahjong 9:00am-12:00pm Rm A Memory Therapy 10:30-11:30am Rm M	14 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M Davis Bros. 11:00am-2:00pm Bus	15
18 Hand & Foot 1:00-3:00pm Rm A Book Barn - 9:00am-5:00pm Bus	19 Samba 10:00am-12:30pm Rm A Bingo 1:00-2:30pm Rm M	20 Mahjong 9:00am-12:00pm Rm A Riverfront Museum 9:30am-12:30pm Bus	21 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M	22 Antiquing 8:00am-5:00pm Bus
25 Hand & Foot 1:00-3:00pm Rm A	26 Samba 10:00am-12:30pm Rm A Bingo & Breakfast 9:30-11:30am Rm M	27 Mahjong 9:00am-12:00pm Rm A GP Pizza 4:00-6:30pm Bus	28 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M Luau Party - 5:00-8:00pm Bus	29

The rules for sudoku are simple. A 9×9 square must be filled in with numbers from 1-9 with no repeated numbers in each line, horizontally or vertically. To challenge you more, there are 3×3 squares marked out in the grid, and each of these squares can't have any repeat numbers either.

The puzzles will help you get started by providing some correct numbers – the fewer numbers provided, the more difficult the puzzle.

Here are a few tips that can help beginners solve sudoku puzzles:

1. Look for the Easy Solutions
2. Seek the Missing Numbers
3. Keep Scanning the Entire Puzzle
4. Constantly Re-Evaluate the Grid
5. Be Patient and Enjoy the Hunt



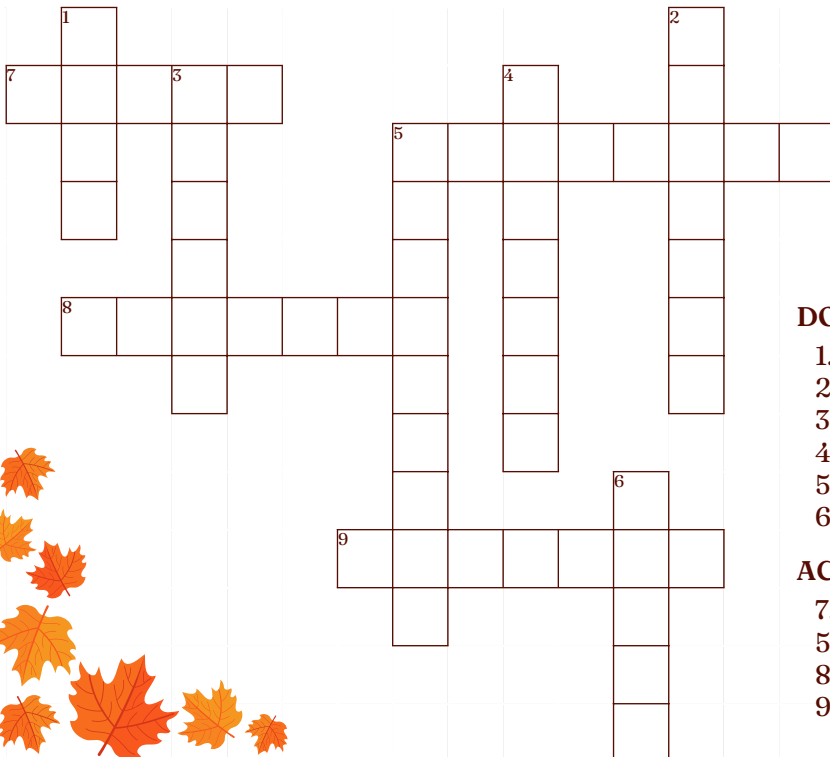
Jackie does have the answer guide if needed.

SUDOKU

5				2		7		
4		2			9			6
		9		8	1		4	2
		5		7			3	
2	6		4			9	8	
	4			6	5		7	
	3	1	5					7
7				3	2		6	
	2				7	8	5	

September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED 	2 Samba 10:00am-12:30pm Rm A Bingo 1:00-2:30pm Rm M	3 Mahjong 9:00am-12:00pm Rm A Memory Therapy 10:30-11:30am Rm M	4 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Home Ext 11:00am-2:00pm Rm L Yahtzee 12:00-2:00pm Rm M Golden Nugget Casino 8:00am-4:00pm Bus	5
8 Hand & Foot 1:00-3:00pm Rm A Office on Main 11am-2pm Bus	9 Samba 10:00am-12:30pm Rm A Bingo 1:00-2:30pm Rm M Painting w/Joe 10:00am-12:00pm Rm F	10 Mahjong 9:00am-12:00pm Rm A	11 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M Pumpkin Fest Bingo 12:45-3:30pm Bus	12
15 Hand & Foot 1:00-3:00pm Rm A Movie & Lunch 10:30am-1:30pm Rm M	16 Samba 10:00am-12:30pm Rm A Bingo 1:00-2:30pm Rm M	17 Mahjong 9:00am-12:00pm Rm A Antiquing 9:00am-4:00pm Bus	18 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M	19
22 Hand & Foot 1:00-3:00pm Rm A Hearing Screening 10:00am-12:00pm Rm M	23 Samba 10:00am-12:30pm Rm A Bingo 1:00-2:30pm Rm M	24 Mahjong 9:00am-12:00pm Rm A Mystery Dinner 3:30-7:15pm Bus	25 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M Spark Program 3:30-6:30pm Bus	26
29 Hand & Foot 1:00-3:00pm Rm A	30 Samba 10:00am-12:30pm Rm A Bingo & Breakfast 9:30-11:30am Rm M			



AUTUMN CROSSWORD

DOWN

- A tool used to gather fallen leaves.
- The process of gathering ripe crops from the fields.
- They change colour and fall from trees in autumn.
- A large orange fruit used for carving.
- A figure made to scare birds away from crops.
- A thin layer of ice that forms on surfaces in cold weather.

ACROSS

- A tree known for its colourful autumn leaves.
- An animal that collects nuts for winter.
- A knitted piece of clothing worn in cooler weather.
- A large outdoor fire often used for warmth or celebration.

Registration Form

Please present this form in person to the front desk when registering for multiple programs. DO NOT mail this form in, we cannot guarantee availability.

NAME: _____ PHONE #: _____

July 2025

DATE	PROGRAM	COST

DATE	PROGRAM	COST

August 2025

DATE	PROGRAM	COST

DATE	PROGRAM	COST
FORM CONTINUED ON BACK SIDE		

August 2025

[illegible][illegible]

September 2025

[illegible][illegible]



SUMMER SAFETY TIPS

EIGHT TIPS TO HELP YOU STAY SAFE DURING THE SUMMER MONTHS

- 1. Keep Hydrated.** Seniors are more prone to dehydration because they aren't able to conserve as much water as they could when they were younger and their sense of thirst becomes less acute as they age. Seniors should drink at least 8 glasses of water or sports drinks daily and avoid alcohol and caffeinated drinks, which are dehydrating.
- 2. Stay cool.** High temperatures can be life threatening, especially for seniors. Stay indoors for activities like Senior centers, shopping malls, movie theatres and libraries are also good options to stay cool.
- 3. Dress appropriately.** A senior's summer wardrobe should be full of light-colored, loose-fitting clothing. Choose cotton and other natural fabrics that are more lightweight and breathable than synthetic fabrics like nylon and polyester. Wearing a wide brimmed hat will help keep the sun off your face and neck.
- 4. Wear sunscreen.** Apply a sunscreen of SPF 30 or higher at least 15-30 minutes before sun exposure. Look for a sunscreen that blocks both UVA and UVB rays. Reapply frequently if engaging in water activities.
- 5. Preserve your vision.** Sun exposure can irritate seniors' eyes and cause vision damage. Sunglasses should always be worn when exposed to the sun.
- 6. Avoid sun during peak hours.** Plan outdoor exercise or activities either first thing in the morning (before 10 a.m.) or later in the evening (after 4 p.m.) when the sun isn't as hot. Remember to hydrate even more than usual when exercising.
- 7. Watch for heat stroke.** Heat stroke is a life-threatening condition. Look for heat stroke symptoms, which include high body temperature, dizziness, headache, confusion, and nausea. Seek immediate medical attention if these signs are present.
- 8. Use bug spray.** The elderly are more susceptible to West Nile virus, so be sure to protect yourself with bug spray, especially at night.

July, August, September 2025

FON DU LAC PARK DISTRICT SENIOR NEWSLETTER

201 VETERANS DRIVE, EAST PEORIA, IL, 61611 • 309-699-3923 • WWW.FONDULACPARK.COM

If you do not receive a newsletter of your very own currently in the mail, please fill out this form and bring it to the Front Desk at the Fon du Lac Park District Administration Center, by mail at 201 Veterans Drive, East Peoria, or by phone at 309-699-3923.

We welcome new attendees to any of our programs.
Please join us! You will be glad you did.

Jackie

PLEASE SIGN ME UP FOR A SENIOR NEWSLETTER

Name: _____

Address: _____

City: _____

Phone Number: _____

Email Address: _____



Fon du Lac Park District

201 VETERANS DRIVE • East Peoria, IL 61611
(309) 699-3923 • (309) 699-3419 FAX

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Thank You
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