

July, August, September 2026

FON DU LAC PARK DISTRICT SENIOR NEWSLETTER

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



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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.

HAPPY 250TH BIRTHDAY AMERICA!

Happy Summer!

May the summer season bring you more smiles, more cheer and along with that, I hope this newsletter finds you healthy and happy. Where does the time go? It's hard to believe we are already in July and with it comes bright days, new programs, and plenty of reasons to get out and enjoy the summer days. Join us for exciting adventures and trips, this is a wonderful way to stay active.

I would like to give a big 'THANK YOU' to all of you that support my program here at Fon du Lac Park District, as well as my sponsors that help make this program happen.

Wishing you a wonderful summer,
Jackie



Please Note:

The Fon du Lac Park District Administration Center will be closed Friday, July 3 in observance of Independence Day, and Monday, September 7 in observance of Labor Day.



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

July 7

Sponsored by Solvera Health

July 14

Sponsored by Grandview Alzheimer's Special Care

July 21

Sponsored by Charter Senior Living of Pekin

August 4

Sponsored by CEFCU

August 11

Sponsored by Home Instead

August 18

Sponsored by Liberty Village of Pekin

September 1

Sponsored by Solvera Health

September 8

Sponsored by Grandview Alzheimer's Special Care

September 15

Sponsored by Fondulac Library

September 22

Sponsored by CapTel

Date: Tuesdays

Time: 1:00 – 2:30pm

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



Date: Tuesdays, July 28, Aug 25, Sept 29

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 September 7

Samba

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



Mahjong (Tile Game)

Wednesdays, 9:00am – 12:00pm

Held in Room A



Yahtzee

Thursdays, 12:00 - 2:00pm

Held in Room M



Memory Therapy is sponsored by Grand view Alzheimer's Special Care Center

HAPPY BIRTHDAY AMERICA!

Join me for all kinds of games, trivia and whatever I can come up with to celebrate America's Birthday.

Date: Wednesday, July 8

Time: 10:30 – 11:30am

Cost: \$2.00 – Snacks & Drink Provided

Held in Room M – Please sign up by July 1



GRAB THE MIC

Grab The Mic is a fast-paced, karaoke-style party board game designed by Lucky Egg, often trending as a fun, low-stakes music game for all ages. Players race to grab a microphone and sing song lyrics containing a specific, revealed word to earn points and move on a game board.

Date: Wednesday, August 26

Time: 10:30 – 11:30am

Cost: \$2.00 – Snacks & Drink Provided

Held in Room M – Please sign up by Aug 19

THINK FAST

"Think Fast" is a fast-paced, memory-based game. You will have 3 minutes to think of 3 answers for each category. The person with the most answers filled in, wins!

Date: Wednesday, September 9

Time: 10:30 – 11:30am

Cost: \$2.00 – Snacks & Drink Provided

Held in Room M – Please sign up by Sept 2





Movie Dates	Title	Rating	Time
Monday, July 13	O Brother, Where art thou?	PG13	1h 47m
Monday, Aug 10	Seven Brides for Seven Brothers	G	1h 42m
Monday, Sept 21	Young at Heart	PG	1h 57m

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 Arcadia Care, Fondulac Rehab, and Hallmark Health.

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



**Monday, July 13 · O Brother, Where art thou? (2000) · Action, Crime & Drama
Sponsored by Arcadia Care**

In the deep south during the 1930s, Ulysses Everett McGill (George Clooney) is having difficulty adjusting to his hard-labor sentence in Mississippi. He scams his way off the chain gang with simple Delmar (Tim Blake Nelson) and maladjusted Pete (John Turturro), then the trio sets out to pursue freedom and the promise of a fortune in buried treasure. With nothing to lose and still in shackles, their hasty run takes them on an incredible journey of awesome experiences and colorful characters.



**Monday, Aug 10 · Seven Brides for Seven Brothers (1954) · Musical, Western
Sponsored by Fondulac Rehab & Health Care**

During the 1850s, Milly (Jane Powell), a pretty young cook, marries Adam (Howard Keel), a grizzled woodsman, after a brief courtship. When the two return to Adam's farm, Milly is shocked to meet his six ill-mannered brothers, all of whom live in his cabin. She promptly begins teaching the brothers proper behavior, and most importantly, how to court a woman. But after the brothers kidnap six local girls during a town barn-raising, a group of indignant villagers tries to track them down.



**Monday, Sept 21 · Young at Heart (1954) · Musical, Romance
Sponsored by Hallmark Health**

When a friend of Alex's, Barney Sloan, comes to the Tuttle home to help with some musical arrangements, complications arise. Barney's bleak outlook on life couldn't be any more contradictory to Alex's, and Laurie tries to change his negative attitude. Meanwhile, Laurie's two other sisters, Fran, who is engaged to Bob, and Amy, have feelings for Alex.

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



July 14



Aug 12



Sept 22



ART CLASSES WITH JOE MCGUIRE

Paint a beautiful Door County beach

Let's take a leisurely stroll down to the beach in beautiful Door County and hear the famous Cana Lighthouse as you paint along with Joe in this acrylic painting. All skill levels are welcome, and everything is provided. **Please sign up and pay by July 9. No refunds after July 9.**

Date: Tuesday, July 14

Time: 10:00am – 12:00pm

Cost: \$23.00 (Supplies Included)

Held in Room M

Bus trip to Blick Art Materials in Galesburg, IL

Join Joe on a fun trip to Blick Art Materials in Galesburg. Blick is one of the largest art supply store chains in the country, and the home base store also has a large outlet store. Jackie will be taking us on the Fon du Lac Park District small bus. So, sit back and relax for this fun adventure. We will stop and have a late lunch at the famous Judy's Kitchen on the way back home. **Please sign up and pay by August 4. No refunds after August 4. Meet in front lobby 15 minutes before departure.**

Date: Wednesday, August 12

Time: 9:30am – 3:30pm (Approx.)

Cost: \$40.00 - for Joe's fee and transportation. Meal and all purchases on your own. (13 person max)



Paint a lovely scene from historic Funk's Grove Church

Joe recently spent the morning painting at the historic Funk's Grove Church near McLean, Illinois. With Joe's guidance, you will re-create this scene in acrylic paints. Just bring yourself ready to have a relaxing morning painting. **Please sign up and pay by September 17.**

Date: Tuesday, September 22

Time: 10:00am – 12:00pm

Cost: \$23.00 (Supplies Included)

Held in Room M



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



Website

<https://joetheartguy.com/>



Senior Lunch Trip to Grand View

Join me for a fun filled trip as we visit Matt and the team at Grand View. After a brief tour, lunch will be served by Grand View's Chef Craig. **Please sign up and pay by August 6. No refunds after August 6.**

Date: Friday, August 14

Time: 11:45am – 2:00pm (Approx.)

Cost: \$2.00 – for transportation. (10 person max)



Veterans Coffee Hour

Honoring the service of our Military Veterans

We invite you to join us for a casual social hour at Fon du Lac Park District Administration Building. Connect with fellow service members and share stories and resources over coffee and donuts.

Dates: Tuesday, September 1, 2026
Tuesday, December 1, 2026

Time: 10:00 - 11:00am

Cost: Free

Location: Room M

Sponsored by Arcadia

Arcadia
Avenues

Villas
Gardens

Arcadia



OH, THE FUN PLACES WE CAN EAT!

Please make sure to arrive
15 minutes early for all trips



Country-Aire Restaurant, Atlanta

Date: Thursday, July 9

Time: 10:30am – 1:30pm (Approx.)

Cost: \$12.00 – Plus your meal

Please sign up by July 2

Fairview Cafe, Fairview

****Cash only Restaurant**

Date: Wednesday, August 5

Time: 10:30am – 3:00pm (Approx.)

Cost: \$15.00 – Plus your meal

Please sign up by July 29

Charlie Parker's Diner, Springfield

Date: Monday, September 14

Time: 10:30am – 3:00pm (Approx.)

Cost: \$20.00 – Plus your meal

Please sign up by Sept 7

Scan QR code to view menu



Lil Beaver Brewery, Bloomington

Date: Monday, July 20

Time: 3:45 – 7:00pm (Approx.)

Cost: \$12.00 – Plus your meal

Please sign up by July 14

Scan QR code to view menu



Don and Nancy's Cafe, Canton

****Cash only Restaurant**

Date: Thursday, August 27

Time: 3:45 – 7:15pm (Approx.)

Cost: \$10.00 – Plus your meal

Please sign up by Aug 20

Mystery Dinner

Date: Wednesday, September 30

Time: 4:00 – 6:30pm (Approx.)

Cost: \$3.00 – Plus your meal

Please sign up by Sept 23

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!

NEVER STOP
EXPLORING



Circa '21 Wizard of Oz, Rock Island

In this classic movie-come-to-life musical adventure, young Dorothy is swept away by a tornado from her Kansas farm to the magical land of Oz. There, she encounters a host of whimsical characters: good witches, bad witches, animals that talk, scarecrows that walk, and things magical to behold. To find her way home, she must journey along the Yellow Brick Road to see the mysterious and all-powerful Wizard in Emerald City. Along the way, she makes new friends, but must also brave many dangers, including the Wicked Witch of the West, who will stop at nothing to get her hands on Dorothy's magical ruby slippers. To make it home safely, Dorothy must learn an important lesson: there's no place like home.

Please sign up and pay by July 14. No refunds after July 14.

Date: Wednesday, July 29

Time: 9:15am – 6:30pm (Approx.)

Cost: \$100.00 – 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)

Luau Party at Liberty Village

Connie has invited us back to the Liberty Village Luau Party in Pekin. So, it's time to get your grass skirts and Hawaiian shirts out again. Last year we enjoyed snacks and Karaoke. All singers are welcome. **Please sign up and pay by August 14. No refunds after August 14.**

Date: Wednesday, August 19

Time: 4:30 – 7:30pm (Approx.)

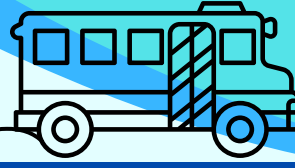
Cost: \$3.00 – for transportation. (14 person max)



MCLEAN COUNTY MUSEUM – APRIL 2026

OH, THE FUN PLACES WE WILL GO!

NEVER STOP
EXPLORING



Tour of Peoria County Coroner's Office

Join me as we tour the Peoria County Coroner's Office at their new location on Sheridan Road. We had such a high demand last time that we are going again. Our tour will include a discussion about why the coroner investigates a death, what a day at the coroner's office looks like and a tour of the autopsy room.

Please sign up and pay by August 14. No refunds after August 14.

Date: Thursday, August 20

Time: 9:15 – 11:30am (Approx.)

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

Route 66 Hall of Fame Museum, Pontiac

GET YOUR KICKS ON ROUTE 66

The Route 66 Association of Illinois Hall of Fame and Museum is a popular donation-admission roadside attraction in Pontiac, Illinois. Housed in a historic firehouse, it celebrates "The Mother Road" with thousands of vintage artifacts, iconic vehicles, and a massive outdoor Route 66 shield mural. We will enjoy lunch after the museum. **Please sign up and pay by August 28. No refunds after August 28.**

Date: Thursday, September 10

Time: 8:15am – 3:00pm (Approx.)

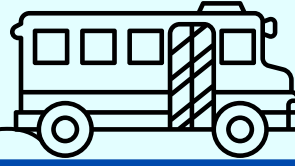
Cost: \$22.00 – for transportation and donation. Meal on your own. (14 person max)



MCLEAN COUNTY MUSEUM - APRIL 2026

OH, THE FUN PLACES WE WILL GO!

NEVER STOP
EXPLORING



Peoria Riverfront Museum - Remember 9/11

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 view all exhibitions and daytime planetarium shows for free.

The museum exhibition *We Remember: 9/11 Twenty-Fifth Anniversary* explores the dark day of September 11, 2001. At 10:00am Coffee and Pastries are offered, at 10:30am we will listen to a live Zoom presentation with a museum educator from the 9/11 Memorial and Museum. Afterwards we will be able to walk through the museum. **Please sign up and pay by September 9. No refunds after September 9.**

Date: Wednesday, September 16

Time: 9:30am – 12:30pm (Approx.)

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

Pumpkin Festival Bingo

Senior Appreciation Afternoon with Pumpkin Bingo and pumpkin pie after bingo. **Please sign up and pay by September 11. No refunds after September 11.**

Date: Thursday, September 17

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 when we get there. Last time we enjoyed sandwiches and chips for dinner and card games. **Please sign up and pay by September 17. No refunds after September 17.**

Date: Thursday, September 24

Time: 3:30 – 6:30pm (Approx.)

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





We have had so much fun on these trips that I've decided we need to go twice this newsletter! WINNER!! WINNER!! CHICKEN DINNER!!

Gambling at the Golden Nugget, Danville

Come try your luck and win a buck or a few as we head to Danville, IL. No lunch reservations have been made, so make sure to head to the Front Row Bar and Grill when you are hungry. We will leave the casino at 2:00pm. Who will be the winner? **Please sign up and pay by July 28. No refunds after July 28.**

Date: Monday, August 3

Time: 8:00am – 4:30pm (Approx.)

Cost: \$30.00 – for transportation. Meal on your own. (22 person max)

Bally's Casino & Lunch, Quad Cities

High Ho High Ho it's off to gambling we go. We will head to the Quad Cities for a day of gambling. We will be stopping for lunch after the casino around 12:15pm then head home. **Please sign up and pay by August 31. No refunds after August 31.**

Date: Thursday, September 3

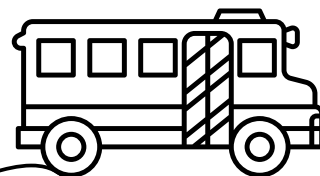
Time: 7:45am – 4:00pm (Approx.)

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



NEXT STOP * * TREASURE HUNT

NEVER STOP
EXPLORING



THRIFTING & ANTIQUING IN METAMORA, EUREKA, EL PASO & GRIDLEY

Thriftling and Antiquing is more than just shopping.... It's an everyday adventure. Let's load the bus and head East for a day of fun. As always, we will stop along the way for lunch. **Please sign up and pay by July 2. No refunds after July 7.**

Date: Friday, July 10

Time: 9:30am – 5:00pm (Approx.)

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

THRIFTING IN CLINTON, IL

May the thrift shop odds be in your favor today as we head to Clinton, Illinois. We will also stop along the way for lunch. **Please sign up and pay by August 6. No refunds after August 10.**

Date: Thursday, August 13

Time: 8:30am – 4:30pm (Approx.)

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

ANTIQUING IN CHAMPAIGN & URBANA

Let's load the bus and head to Champaign and Urbana for a day of antiquing. We will also make a stop for lunch. **Please sign up and pay by September 16. No Refunds after September 20.**

Date: Wednesday, September 23

Time: 8:00am – 4:30pm (Approx.)

Cost: \$22.00 – for transportation. Meal on your own. (12 person max)



WIN

WEIGH IN NOW

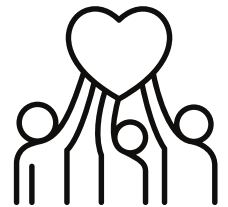
Come Join Our Weight Loss Group

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

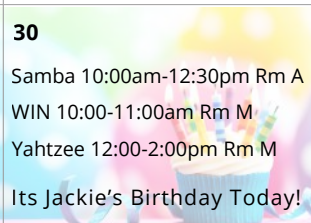


We have a gem of a group meeting right here and you are all invited to join in!
Meet new people, learn, and help others at Home and Community Education.

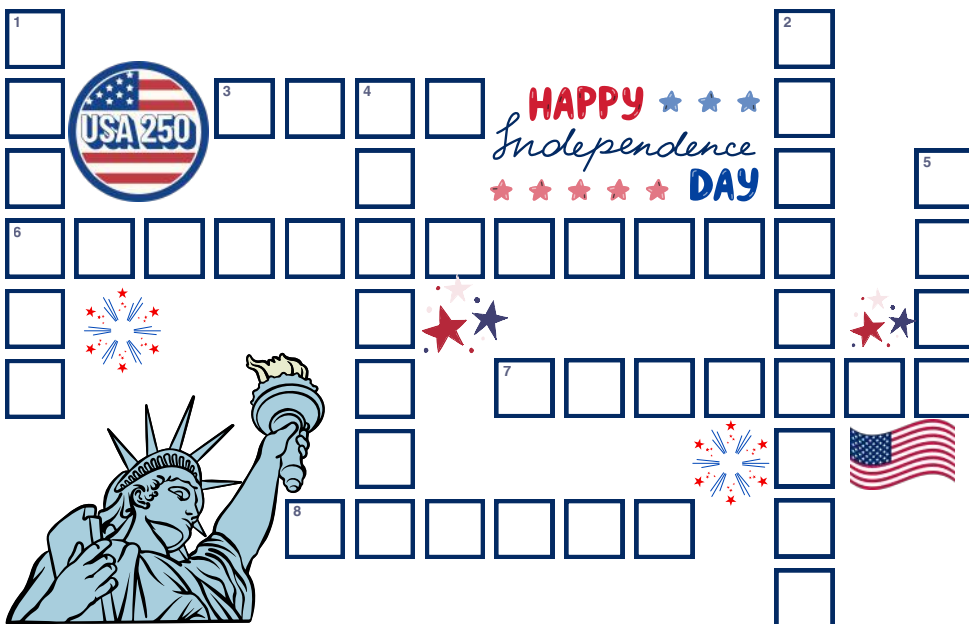
This group, with an astounding 90+ year history, is inviting and welcoming new members to experience all this program has to offer. Under the guidance of Tazewell County Home and Education, an extension of the University of Illinois, this is one group to get involved with. A "4-H for grownups" as Home 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 come as a guest. Dues are \$25.00 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 3, 2026. 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 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Mahjong 9:00am-12:00pm Rm A	2 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>	3 CLOSED in observance of <i>Independence Day</i>
6 Hand & Foot 1:00-3:00pm Rm A	7 Samba 10:00am-12:30pm Rm A Bingo 1:00-2:30pm Rm M	8 Mahjong 9:00am-12:00pm Rm A Memory Therapy 10:30-11:30am Rm M	9 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M Country-Aire Restaurant 10:30am-1:30pm 	10 Thrifting & Antiquing 9:30am-5:00pm 
13 Hand & Foot 1:00-3:00pm Rm A Movie & Lunch 10:30am-1:30pm Rm M	14 Samba 10:00am-12:30pm Rm A Painting w/Joe 10:00am-12:00pm Rm M Bingo 1:00-2:30pm Rm M	15 Mahjong 9:00am-12:00pm Rm A	16 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M	17
20 Hand & Foot 1:00-3:00pm Rm A Lil Beaver Brewery 3:45-7:00pm 	21 Samba 10:00am-12:30pm Rm A Bingo 1:00-2:30pm Rm M	22 Mahjong 9:00am-12:00pm Rm A	23 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M	24
27 Hand & Foot 1:00-3:00pm Rm A	28 Samba 10:00am-12:30pm Rm A Bingo & Breakfast 9:30-11:30am Rm M	29 Mahjong 9:00am-12:00pm Rm A Circa 21 9:15am-6:30pm 	30  Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M Its Jackie's Birthday Today!	31

INDEPENDENCE DAY



Read the clues below, find the words, and complete the grid.

ACROSS

- A cloth with stars and stripes
- Being free and not ruled by another
- The story of what happened in the past
- A line of people marching with music

DOWN

- Another word for a country
- Bright lights and loud booms in the sky
- Another name for the United States
- The month of Independence Day

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Hand & Foot 1:00-3:00pm Rm A Golden Nugget Casino 8:00am-4:30pm 	4 Samba 10:00am-12:30pm Rm A Bingo 1:00-2:30pm Rm M	5 Mahjong 9:00am-12:00pm Rm A Fairview Cafe (cash only) 10:30am-3:00pm 	6 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	7
10 Hand & Foot 1:00-3:00pm Rm A Movie & Lunch 10:30am-1:30pm Rm M	11 Samba 10:00am-12:30pm Rm A Painting w/Joe 10:00am-12:00pm Rm M Bingo 1:00-2:30pm Rm M	12 Mahjong 9:00am-12:00pm Rm A Bus Trip w/Joe to Blick Art Materials 9:30am-3:30pm 	13 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M Thrifting 8:30am-4:30pm 	14 Lunch at Grand View 11:45am-2:00pm 
17 Hand & Foot 1:00-3:00pm Rm A	18 Samba 10:00am-12:30pm Rm A Bingo 1:00-2:30pm Rm M	19 Mahjong 9:00am-12:00pm Rm A Luuu Party 4:30-7:30pm 	20 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M Tour Peoria Co. Coroner's office 9:15-11:30am 	21
24 Hand & Foot 1:00-3:00pm Rm A	25 Samba 10:00am-12:30pm Rm A Bingo & Breakfast 9:30-11:30am Rm M	26 Mahjong 9:00am-12:00pm Rm A Memory Therapy 10:30-11:30am Rm M	27 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M Don & Nancys Cafe (cash only) 3:45-7:15pm Bus 	28
31 Hand & Foot 1:00-3:00pm Rm A				



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.

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Samba 10:00am-3:00pm Rm A Veterans Coffee Hour 10-11am Rm M 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 Home Ext 11:00am-2:00pm Rm L Yahtzee 12:00-2:00pm Rm M Bally's Casino 7:45am-4:00pm 	4
7 CLOSED 	8 Samba 10:00am-12:30pm Rm A Bingo 1:00-2:30pm Rm M	9 Mahjong 9:00am-12:00pm Rm A Memory Therapy 10:30-11:30am Rm M	10 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M Route 66 Museum 8:15am-3:00pm 	11
14 Hand & Foot 1:00-3:00pm Rm A Charlie Parker's 10:30am-3pm 	15 Samba 10:00am-12:30pm Rm A Bingo 1:00-2:30pm Rm M	16 Mahjong 9:00am-12:00pm Rm A Riverfront Museum 9:30am-12:30pm 	17 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 	18
21 Hand & Foot 1:00-3:00pm Rm A Movie & Lunch 10:30am-1:30pm Rm M	22 Samba 10:00am-12:30pm Rm A Painting w/Joe 10:00am-12:00pm Rm F Bingo 1:00-2:30pm Rm M	23 Mahjong 9:00am-12:00pm Rm A Antiquing 8:00am-4:30pm 	24 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 	25
28 Hand & Foot 1:00-3:00pm Rm A	29 Samba 10:00am-12:30pm Rm A Bingo & Breakfast 9:30-11:30am Rm M	30 Mahjong 9:00am-12:00pm Rm A Mystery Dinner 4:00-6:30pm 		

Tazewell County TRIAD presents

TAZFEST 2026

Tazewell County's largest Senior Expo is back in a whole new location!
This senior safety fair is **FREE** to ALL SENIORS and includes:
Speakers, Free lunch, Door Prizes, Raffle Prizes, Resource Fair and More!



Wednesday, October 7, 2026
10:30 AM - 2:00 PM

NEW LOCATION



PEKIN MOOSE LODGE 916
2605 Broadway St., Pekin, IL 61554

ATTENTION SENIORS FREE!!!



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 2026

DATE	PROGRAM	COST

DATE	PROGRAM	COST

August 2026

DATE	PROGRAM	COST

DATE	PROGRAM	COST
FORM CONTINUED ON BACK SIDE		

August 2026

[illegible][illegible]

September 2026

[illegible][illegible]

July, August, September 2026

FON DU LAC PARK DISTRICT SENIOR NEWSLETTER

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

If you would have fun participating and don't currently receive the newsletter in the mail, sign up for a copy to be sent right to your mailbox! You can do so by mailing or dropping off the bottom portion of this form to the Fon du Lac Park District Administration Center located at 201 Veterans Drive, East Peoria, or by calling 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

**Brandon Wood Retirement Ctr • Interim Healthcare
Liberty Village of Pekin • The Loft**

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Arcadia Care of Morton, Peoria, Kewanee, Galva, Aledo & Toulon

Grand View Alzheimer's Special Care Center • Hallmark Health

Fondulac Rehab & Health Care • Wamack Insurance Agency

Fondulac District Library • CEFCU • CapTel • YWCA Pekin

Aetna • Home Instead of Central IL • Help at Home

Thank You
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