

Fon du Lac Park PARTY LINE



Gina Bartelmay

Adult Program
Coordinator

Art on Location with Joe McGuire

Our resident artist Joe will be leading us on an art field trip. We will take our acrylic supplies and paint at West Park, our oldest park. Bring a sack lunch if you desire.

Date: Tuesday, May 22

Time: 9:15am - 12:30pm

Cost: \$22.00 (supplies included)

PLEASE TAKE NOTE: The Fon du Lac Park District Administration Center will be closed May 28 in observance of Memorial Day.

Join our weight loss group "WIN!", our acronym for Weigh In Now! Join us for this new program we 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. Weekly dues are under a dollar.

"WIN!" meets every Thursday with weigh in between 9:00 - 9:30am with the meeting following until 10:15am. Call Gina at 699-3923 with questions on how you can become a happier healthier you. Be a WINNER!

Greetings Everyone,

April, May, June 2018

Many of you have been inquiring about when the partyline will be mailed out. Unfortunately, I took a terrible spill during the ice storm in January and hurt myself. Currently, I am undergoing a total knee replacement and we are going to have limited programs until I am back on my feet. But don't you worry! As soon as I am able we will be sending out the full calendar. Thank you for your patience and understanding. You all mean the world to me!

As Always, Gina



Watercolors with Joe McGuire

Come and create a spring painting you will be sure to enjoy. You will have fun and learn some great painting techniques with Joe's friendly, easy-going teaching style. Previous class experience is not a requirement. We welcome, and love, first time painters!

Date: 2-week class; April 24 and May 1

Cost: \$28.00 (supplies included)

Time: 10:00 - 11:30am



POTLUCK & BINGO

The first Wednesday of every month. Bring a nice dish to pass. Serving begins at 11:30am.

No registration required – just show up!

We love to see new faces. First time attendees need no covered dish. Please park at the east side of the building.

Fried Chicken provided by Riverview

***NEW* All table service provided**

JUST BINGO

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

April 3, May 1, June 5

Sponsored by

April 10, May 8, June 12

Sponsored by Riverview

April 17, May 15, June 19

Sponsored by Courtyard Estates

April 24, May 22, June 26

Sponsored by Morningside of Washington

May 29

Sponsored by Snyder Village

Dates: Every Tuesday of the month

Time: 1:00 - 2:30pm

Cost: \$1.00 per date



BINGO & HOT BREAKFAST

Dates: 4th Monday - April 23 & June 25

Time: 9:30 - 11:30am

Cost: \$3.00 per date

***NO BINGO & BREAKFAST IN MAY**

Mexican Dominoes

Wednesdays, Noon - 3:00pm Beginners Welcome!

Hand & Foot

(Card game)

Every Monday at 1:00pm...Beginners welcome!!

Euchre and Feather

Tuesdays & Thursdays, 11:00am - 3:00pm



Helpful Hearts



We are meeting once a month to work on projects for area organizations. Currently we are working on table favors for Veterans.

Dates: Wednesdays, April 25, May 23, June 27

Time: 10:00 - 11:15am

Cost: No cost - but please register

We are in need of snack size, individually wrapped candy for our Veterans outreach program. Please bring packages to the Fon du Lac Park District Administration Center, so the candy may be distributed for the Veterans. What an easy way to thank a Veteran for their service! Please give!!

"HI-5"

A FREE senior wellness program promoting independence through fitness, flexibility, mobility and attitude, all done from a chair with stretching and strengthening exercises. This is a group setting following a dvd.

Dates: Every Friday

Time: 10:00 - 11:00am

Cost: Free - but please register



Sunshine Café

In conjunction with Hult Center for Healthy Living's Encore Program, we are offering this morning social with educational programs and a light breakfast the first and third Thursday of every month.

Dates: Thursdays, April 5 & 19, May 3, June 7 & 21

Time: 10:00 - 11:30am

Cost: No cost but please register.



April 5 - Tips for Lowering Your Part D Out-of-Pocket Costs

10:00 - 11:30am

With all costs on the rise, the last thing one person should be worrying about are their own medical costs. This program will discuss federal programs and cost effective plan options that assist with medical/prescription drug costs. The goal of this program is to help those on Medicare save money and focus more on health and well-being.

April 19 - Finding Your New Normal

10:00 - 11:30am

Join us as we talk about how to regain a sense of normalcy when life situations and changes in physical function demand changes to our daily routine and familiar surroundings and the community to which we feel connected and belong. You can find your new normal!

May 3 - Container Gardens

10:00 - 11:30am

April showers bring May flowers! This program will discuss all the ins and outs of starting your own container garden.

June 7 - Summer Safety

10:00 - 11:30am

Sunday drives, backyard barbeques, and "America's favorite past time" are just a few of the things that make summertime special. Learn how to get the most out of the longer days and shorter nights as we discuss strategies to stay healthy and safe as you enjoy everything summer has to offer.

June 21 - Finding the Fountain of Youth

10:00 - 11:30am

"We don't stop playing when we grow old, we grow old when we stop playing." We have the choice how to age. By sitting, watching life pass us by, or by putting effort into how we spend our free time. Join Gina Bartelmay, Program Supervisor at Fon du Lac Park District, and learn that there are fountains of youth, and they are closer than you think!



Fon du Lac Park District

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



Home Extension of East Peoria

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 President Dottie Cary 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 \$18.00 for the year. Meetings are potluck and are held at the administration building the first Thursday of each month. First time attendees do not have to bring a dish to share. Meetings start at 11:45am and are over by approx 2:00pm. Next meetings are on April 5, May 3, and June 7.

Brandon Wood ◆ Washington Christian Village ◆ St. Francis Woods

Riverview Health Care Center ◆ Morningside of Washington

Riverview Senior Living Community ◆ Hospice Compassus

Evergreen of Chillicothe ◆ Courtyard Estates ◆ Grandview

Serenity Assisted Living

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