

# Fon du Lac's Finest Senior Program. . .

## We're the Closest Thing to the Fountain of Youth!

Contact: Gina Bartelmay, Program Supervisor  
Ph: (309) 699-3923 • Fax: (309) 699-3419  
E-mail: gina@fondulacpark.com

*For those 55 and over. Don't miss out on one single thing.  
Call 699-3923 to receive our bi-monthly newsletter jam-packed with fun events,  
day trips, programs and more!*

### ATTENTION SENIORS

Are you Signed Up in the  
"File of Life" Program?  
Preregister in the 911  
system to access  
emergency help faster and  
easier. Informational card  
will also be yours to put in  
your wallet and on your  
refrigerator. Call Gina at  
699-3923 for more  
information.

#### Thank you to these sponsors for supporting our program:

Riverview Senior Living Center  
Morton Villa / Morton Terrace  
Washington Christian Village  
Brandon Wood Retirement Center  
Home Instead  
OSF Homecare & Personal Response  
Maple Lawn Health Centers  
Care Solutions  
Heritage Manor of Chillicothe  
Active Way  
Fondulac Rehabilitation & Healthcare

Join us for all the fun-filled events Gina has to offer!

*Here's a sampling of what's available...*

Lunch Bunch – Lunching out  
Bingo & Breakfast  
Wii Bowling  
Potluck  
Dominoes (Train & Mexican)  
All Aboard – Travelogues  
Crafts & Beading  
Card Groups – Bridge & Euchre  
Movie Days on our 12' Screen  
Seasonal Parties  
Outdoor Events  
Day & Evening Trips



*Grandma is  
so much  
happier since  
getting involved*



Staying Active will...  
Stimulate the mind – fight depression – develop  
friendships – lowers blood pressure – keep independence  
– promotes improved physical health & more

**Call 699-3923 to join the PARTYLINE**

**And as always . . .**

*A Program With Heart!*



April 30 through  
May 3, 2009

## OLYMPIC FUN

This year, the Heart of Illinois Senior Olympics celebrates 10 years of athletics and fine arts

Adults 50 and over are invited to compete in athletic events from basketball, swimming, cycling, track and field, bowling, billiards and tennis to bocce ball, Frisbee throw, bean bag throw, washer toss and much more.

Fine arts events are also on the schedule, with categories ranging from photography and fiction writing, to music, drama, crochet, you name it.

Whether you're a serious athlete or artist, or just interested in having a good time, there's really something for everyone. The Senior Olympic games are as much about camaraderie as they are about competition.

There's something for everyone. You can participate, be a volunteer or even a sponsor! Don't miss the Heart of Illinois Senior Olympics, Thursday, April 30 through Sunday, May 3, 2009.

For registration packets, sponsorship or volunteer information, contact the Peoria Park District at 681-2859.

Registration deadline: April 9, 2009

[www.hiso.org](http://www.hiso.org)

# 6th Annual Vegas Night

A fundraising event for the  
Fon du Lac Park Adult/Senior Program



**Thursday, September 17**  
**Quail Meadows Banquet Center**

Doors open at 5:15pm and dinner served at 6:30pm



Cash bar will be open. Play Vegas type games, win play money, enjoy a delicious buffet dinner and then bid on prizes with your winnings! Tickets are on sale now at the Fon du Lac Administration Center. This is a fundraising event for the adult/senior Park District program.



**Tickets:**  
**\$15.00**