

# 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

Office Hours: Monday – Friday

10:00am – 2:00pm

Phone: (309) 699-3923

Email: [jackie@fondulacpark.com](mailto:jackie@fondulacpark.com)

## 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.

## Greetings Friends,

April, May, June 2025

The wind told the grasses, and the grasses told the trees. The trees told the bushes, and the bushes told the bees. The bees told the robin and the robin sang out clear: Wake Up! Wake Up! Spring is here!

I hope this newsletter finds you happy & healthy. As the bird's chirp and the flowers start to bloom, it's time to kick off another season here at the Park District. Forget about "spring cleaning" – let's talk about "spring gleaming"! That time of the year when we shake off the dust bunnies, fluff up our cushions, and give our home the TLC it deserves. But hey, spring isn't just about tidying up! It's also about embracing the great outdoors and having fun with friends here at Fon du Lac Park District.

Come join us for some of our outings or just hang out here at the building and enjoy the activities. I hope to see you all soon. Have a great spring!

Stay safe and well,

*Jackie*

**TAKE NOTE:** The Fon du Lac Park District Administration Center will be closed Friday, April 18 in observance of Good Friday, Monday, May 26 in observance of Memorial Day and Friday, July 4 in observance of Independence Day.



# FON DU LAC PARK DISTRICT SENIOR NEWSLETTER

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To receive a newsletter of your very own, please drop off your name and address to the Front Desk of 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:** \_\_\_\_\_



April 22



May 20



June 17



## ART CLASSES WITH JOE MCGUIRE

### Summer Lake Sunset Acrylic Painting

Imagine being on a sailboat as the sun is setting on a lazy summer day. Now imagine painting this pretty scene in acrylics with Joe! Everything is provided for you to create this lovely painting. Please sign up and pay by April 17.

Date: Tuesday, April 22

Time: 10:00am – 12:00pm

Cost: \$23.00 (Supplies Included)

Held in Room F

### Animals, Animals, Animals!

Draw our furry friends with Joe. Dogs, Cats, and perhaps a beautiful horse. In pencil, markers and colored pencil. Bring in a picture of your favorite and Joe will help you create a nice portrait. Everything is supplied. Please sign up and pay by May 15.

Date: Tuesday, May 20

Time: 10:00am – 12:00pm

Cost: \$21.00 (Supplies Included)

Held in Room F

### Watercolor Splendor in the Forest

This is a larger watercolor painting from the deep forest on a summer day. Joe brings everything you need. Please sign up and pay by June 12.

Date: Tuesday, June 17

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**



Joe McGuire's Website

<https://joetheartguy.com/>







## PO – KE – NO CARD GAME

Introducing the Po-Ke-No Card Game by Bicycle in a delightful mix of fun and strategy! This exciting game is a perfect blend of Bingo, Poker, and Keno game night. (12 person max)

Date: Wednesday, April 23

Time: 10:30 – 11:30am

Cost: \$2.00 – Snacks & Drink Provided

Held in Room M – Please sign up by April 16



## CINCO DE MAYO TRIVIA

It's trivia time and May! So, we will test your knowledge on Cinco de Mayo with trivia and facts.

Date: Wednesday, May 7

Time: 10:30 – 11:30am

Cost: \$2.00 – Snacks & Drink Provided

Held in Room M – Please Sign up by April 30

## LET'S MAKE A DEAL!

What will you do? Keep it or trade it for something better or for a zonk. Let's make a deal and have some fun.

Date: Wednesday, June 11

Time: 10:30 – 11:30am

Cost: \$2.00 – Snacks & Drink Provided

Held in Room M – Please Sign up by June 4







Movie Dates	Title	Rating	Time
Monday, April 21	Grease	PG	1h 45m
Monday, May 19	Wicked	PG	2h 40m
Monday, June 16	Unfrosted	PG-13	1h 33m

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, April 21 • Grease (1978) • Musical, Comedy

Experience the friendships, romances and adventures of a group of high school kids in the 1950s. Welcome to the singing and dancing world of "Grease," the most successful movie musical of all time. A wholesome exchange student (Olivia Newton-John) and a leather-clad Danny (John Travolta) have a summer romance, but will it cross clique lines?



### Monday, May 19 • Wicked (2024) • Musical, Fantasy

Misunderstood because of her green skin, a young woman named Elphaba forges an unlikely but profound friendship with Galinda, a student with an unflinching desire for popularity. Their bond deepens as they encounter the Wizard of Oz, leading to a series of events that ultimately shape their destinies and transform them into the Wicked Witch of the West and Glinda the Good.



### Monday, June 16 • Unfrosted (2024) • Comedy, Drama

In a time when milk and cereal ruled breakfast, a fierce corporate battle begins over a revolutionary new pastry. A Pop-Tart comedy from Jerry Seinfeld.

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



## Kentucky Derby Party

It's time to dress to the nines in your fancy dresses and suits (of course you can come as you are) and most importantly the HATS! Our Kentucky Derby race will start at 1:00pm and we will enjoy snacks after. Please sign up by April 24.

Date: Friday, May 2

Time: 1:00 – 2:00pm

Cost: \$2.00

Held in Room F



# BINGO

## ★ BASH ★

### AT FON DU LAC PARK DISTRICT

Join Senior Care Network for this FREE Bingo Event

### PRIZES | SNACKS | FUN

June 26, 2025 from 1:00-3:00PM

Held in Rooms JKL







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

**April 1 - NO BINGO - ELECTION DAY**

**April 8**

Sponsored by Liberty Village of Peoria

**April 15**

Sponsored by Liberty Village of Pekin

**April 22**

Sponsored by St. Francis Woods

**May 6**

Sponsored by Solvera Health

**May 13**

Sponsored by Synergy Home Health

**May 20**

Sponsored by Oak Street Health

**June 3**

Sponsored by Oak Street Health

**June 10**

Sponsored by Liberty Village of Peoria

**June 17**

Sponsored by Liberty Village of Pekin

Date: Tuesdays

Time: 1:00 – 2:30pm

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



**Date: Tuesdays, Apr 29, May 27, Jun 24**

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 May 26**

**Samba**

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



**Mahjong (Tile Game)**

Wednesdays, 9:00am – 12:00pm

Held in Room A



**Yahtzee**

Dates: Thursdays, April 3, 10, 17, 24,

May 1, 8, 15, 22, 29, June 5, 12, 19, 26

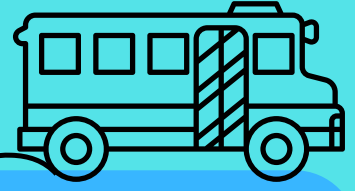
Time: 12:00 – 2:00pm

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**



## **Opie's 116, Roanoke**

Date: Thursday, April 17

Time: 11:00am – 2:30pm (Approx.)

Cost: \$8.00 – Plus your meal

Please sign up by April 11

## **Bloody Mary Brunch Co., Peoria**

Date: Monday, May 12

Time: 11:00am – 2:00pm (Approx.)

Cost: \$3.00 – Plus your meal

Please sign up by May 5

## **Whiskey Taco, Pekin**

Date: Thursday, June 12

Time: 11:00am – 2:00pm (Approx.)

Cost: \$3.00 – Plus your meal

Please sign up by June 6

## **Sheets Creek Saloon, Spring Bay**

Date: Wednesday, April 30

Time: 4:00 – 6:30pm (Approx.)

Cost: \$4.00 – Plus your meal

Please sign up by April 21

## **Billboard Bistro, Bartonville**

Date: Wednesday, May 28

Time: 4:00 – 6:30pm (Approx.)

Cost: \$3.00 – Plus your meal

Please sign up by May 23

## **Mystery Dinner**

Date: Monday, June 30

Time: 3:45 – 7:15pm (Approx.)

Cost: \$8.00 – Plus your meal

Please sign up by June 23

## ***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!



## *Weber House & Garden Tour, Streator*

Sitting on 2 acres in Streator, Illinois, Weber House & Garden immerses visitors in storybook/Tudor architecture and English-style gardens, and provides an intimate look at American history through the eyes of Ted Weber, a Chicago-area radio and TV personality for over 50 years. We will be taking an hour and half tour and will stop for lunch before we head home.

**Please sign up and pay by April 28. No refunds after April 30.**

Date: Thursday, May 8

Time: 8:00am – 4:00pm (Approx.)

Cost: \$33.00 – for transportation & admission. Meal on your own. (20 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 move upstairs for a wonderful performance by the Peoria Area Senior Citizens Band. Afterwards we will be able to enjoy walking through the museum. **Please sign up and pay by May 16.**

Date: Wednesday, May 21

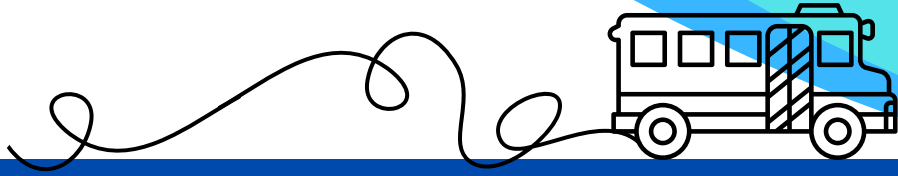
Time: 9:30am – 1:30pm (Approx.)

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



**NEVER STOP  
EXPLORING**

# Oh, the fun places we will go!



## Senior Prom, Peoria

St. Francis Woods and Oak Street Health will be hosting this year's Senior Prom held at Trefzger's Bakery. I will be driving the bus from Fon du Lac Park District if you would like to go or feel free to drive yourself. *Please note, if you are driving yourself, please RSVP to the number in the **flyer to the right** before May 5.*

**If you are riding the bus with us, please sign up by May 2.**

Date: Friday, May 16

Time: 5:30 – 9:30pm (Approx.)

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

## Catfish Bend Casino, Burlington, Iowa

Winner, Winner, Chicken Dinner! We will head to Burlington, Iowa for a day of gambling and lunch. **Please sign up and pay by May 23. No refunds after May 28.**

Date: Monday, June 2

Time: 7:30am – 4:00pm (Approx.)

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

## Village Tea Room and Gift Shoppes, Springfield

We will load the bus and head to Springfield for lunch at the Village Tea Room and do some shopping in the Gift Shoppe after. **Please sign up and pay by May 23. No refunds after June 2.**

Date: Thursday, June 5

Time: 9:45am – 4:30pm (Approx.)

Cost: \$18.00 – for transportation. Meal on your own. (20 person max)

NEVER STOP  
EXPLORING





ST. FRANCIS WOODS &  
OAK STEET HEALTH  
INVITE YOU TO ...

# The Central Illinois Senior Prom

## 16 MAY 2025

FROM 6-9PM

TRAILSIDE EVENT CENTER  
4416 N. PROSPECT  
PEORIA HEIGHTS, IL 61616

**FOR RESERVATIONS PLEASE CALL  
309-889-7010**



Join us for an enchanting evening at the 2nd Annual Central Illinois Senior Prom, where you can dance the night away with friends or your favorite sweetheart!

Enjoy a complimentary dinner Catered by Mission BBQ complete with a cash bar. Prom is exclusively for seniors aged 60 and above. RSVP is required prior to May 5th, 2025

Photography by:  
Soleil Media, LLC  
Master of Ceremonies:  
Seth Major  
DJ:  
Ryan Hogan



# NEXT STOP TREASURE HUNT



## ANTIQUING & THRIFTING IN PEORIA

Let's load the bus and head to Peoria for a day of antiquing and thrifting. We will stop along the way for lunch. Please sign up and pay by April 4.

Date: Thursday, April 10

Time: 10:00am – 4:00pm (Approx.)

Cost: \$10.00 – for transportation. Meal on your own. (10 person max)

## THRIFTING IN CANTON AND HAVANA

May the thrift shop odds be in your favor today as we head to Canton & Havana. We will also stop along the way for lunch. Please sign up and pay by May 9.

Date: Wednesday, May 14

Time: 9:00am – 4:00pm (Approx.)

Cost: \$20.00 – for transportation. Meal on your own. (10 person max)

## THRIFTING & ANTIQUING IN MORTON AND TREMONT

Antiquing and Thrifting is more than just shopping .... It's an everyday adventure. As always, we will stop along the way for lunch. Please sign up and pay by June 13.

Date: Friday, June 20

Time: 10:00am – 4:00pm (Approx.)

Cost: \$10.00 – for transportation. Meal on your own. (10 person max)



NEVER STOP  
EXPLORING

# WIN

## WEIGH IN NOW

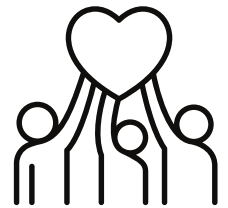
### Come Join Our Weight Loss Group

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 meetings are on April 3 and May 1, 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.*



# April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 NO BINGO - ELECTION DAY	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	4
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 Thrifting 10:00am-4:00pm Bus	11
14 Hand & Foot 1:00-3:00pm Rm A	15 Samba 10:00am-12:30pm Rm A Bingo 1:00-2:30pm Rm M	16 Mahjong 9:00am-12:00pm Rm A	17 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M Opie's 11:00am-2:30pm Bus	18 <b>CLOSED</b> <b>GOOD FRIDAY</b>
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 Bingo 1:00-2:30pm Rm M Painting w/Joe 10:00am-12:00pm Rm F	23 Mahjong 9:00am-12:00pm Rm A Memory Therapy 10:30-11:30am Rm M	24 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M	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 Sheets Creek 4:00-6:30pm Bus		

## Easter Crossword Puzzle

### Across

3. Religious symbol
4. Yellow or white spring flowers that grow from a bulb
6. The day of the week that Easter is celebrated
7. Baby chicken
8. Used to carry eggs
9. Looking for eggs

### Down

1. Easter eggs are made from this treat
2. The month that Easter is celebrated
5. Season that Easter falls in
8. This animal is said to deliver Easter eggs



# May 2025

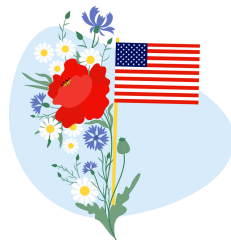
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Home Ext 11:00am-2:00pm Rm L Yahtzee 12:00-2:00pm Rm M	2 Kentucky Derby Party 1:00-2:00pm Rm F
5 Hand & Foot 1:00-3:00pm Rm A	6 Samba 10:00am-12:30pm Rm A Bingo 1:00-2:30pm Rm M	7 Mahjong 9:00am-12:00pm Rm A Memory Therapy 10:30-11:30am Rm M	8 <b>Weber House 8:00am-4:00pm Bus</b> Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M	9
12 Hand & Foot 1:00-3:00pm Rm A <b>Bloody Mary Brunch Co. 11:00am-2:00pm Bus</b>	13 Samba 10:00am-12:30pm Rm A Bingo 1:00-2:30pm Rm M	14 Mahjong 9:00am-12:00pm Rm A <b>Thrifting 9:00am-4:00pm Bus</b>	15 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M	16 <b>Senior Prom 5:30-9:30pm Bus</b> Senior Prom - see pg. 10 for information. Held at Trailside Event Center from 6:00-9:00pm
19 Hand & Foot 1:00-3:00pm Rm A Movie & Lunch 10:30am-1:30pm Rm M	20 Samba 10:00am-12:30pm Rm A Bingo 1:00-2:30pm Rm M Painting w/Joe 10:00am-12:00pm Rm F	21 Mahjong 9:00am-12:00pm Rm A <b>Riverfront Museum 9:30am-1:30pm Bus</b>	22 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M	23
26 <b>CLOSED</b> MEMORIAL DAY  • REMEMBER AND HONOR •	27 Samba 10:00am-12:30pm Rm A Bingo & Breakfast 9:30-11:30am Rm M	28 Mahjong 9:00am-12:00pm Rm A <b>Billboard Bistro 4:00-6:30pm Bus</b>	29 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M	30

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



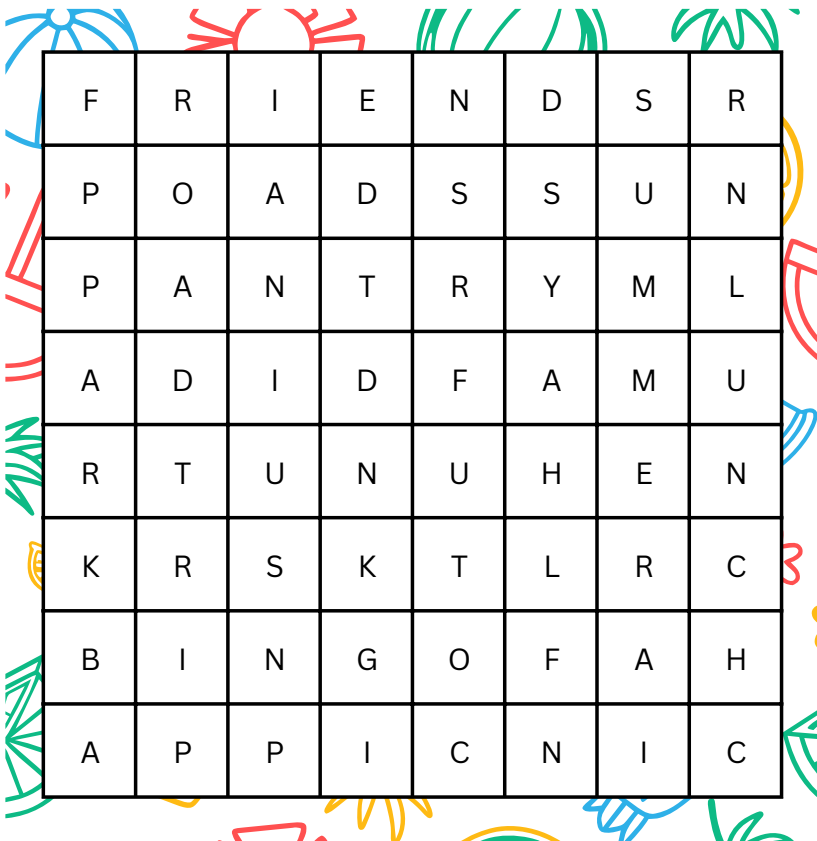
Jackie does have the answer guide if needed.

## SUDOKU

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

# June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hand & Foot 1:00-3:00pm Rm A  Catfish Bend Casino 7:30am-4:00pm Bus	3 Samba 10:00am-12:30pm Rm A Bingo 1:00-2:30pm Rm M	4 Mahjong 9:00am-12:00pm Rm A	5 Village Tea Room 9:45am-4:30pm Bus 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 today at Bethany Church in EP from 11am-2pm</i>	6
9 Hand & Foot 1:00-3:00pm Rm A	10 Samba 10:00am-12:30pm Rm A Bingo 1:00-2:30pm Rm M	11 Mahjong 9:00am-12:00pm Rm A Memory Therapy 10:30-11:30am Rm M	12 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M Whiskey Taco 11:00am-2:00pm Bus	13
16 Hand & Foot 1:00-3:00pm Rm A Movie & Lunch 10:30am-1:30pm Rm M	17 Samba 10:00am-12:30pm Rm A Bingo 1:00-2:30pm Rm M Painting w/Joe 10:00am-12:00pm Rm M	18 Mahjong 9:00am-12:00pm Rm A	19 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M	20 Thrifting 10:00am-4:00pm Bus
23 Hand & Foot 1:00-3:00pm Rm A	24 Samba 10:00am-12:30pm Rm A Bingo & Breakfast 9:30-11:30am Rm M	25 Mahjong 9:00am-12:00pm Rm A	26 Samba 10:00am-12:30pm Rm A WIN 10:00-11:00am Rm M Yahtzee 12:00-2:00pm Rm M Bingo Bash 1:00-3:00pm Rm JKL	27
30 Hand & Foot 1:00-3:00pm Rm A Mystery Dinner 3:45-7:15pm Bus				



## SUMMER

W O R D S E A R C H

Bingo

Paint

Summer

Fon du Lac

Picnic

Road trip

Sun

Friends

Lunch

Park





# Registration Form

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

NAME: \_\_\_\_\_ PHONE #: \_\_\_\_\_

## April 2025

DATE	PROGRAM	COST

DATE	PROGRAM	COST

## May 2025

DATE	PROGRAM	COST

DATE	PROGRAM	COST
FORM CONTINUED ON BACK SIDE		

**May 2025**

[illegible][illegible]

# June 2025

[illegible][illegible]



# SPRING SAFETY TIPS



There's nothing quite like the sunny weather to motivate us to get organized this spring, and to help you get started, here's our top spring cleaning safety tips for seniors:

## TAKE YOUR TIME

Set plenty of time aside to do some spring cleaning. The key is finding a balance: don't let tasks drag on, but don't feel like you have to get everything done in one weekend, either.



## CHECK THE FRIDGE AND MEDICINE CABINET



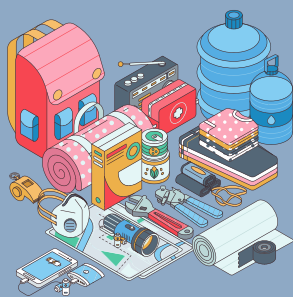
Although they are easy to overlook, both the refrigerator and medicine cabinets can be hotspots for expired products. Be sure to throw away all expired food items and medications, especially those that are no longer prescribed to you.

## DOUBLE-CHECK SMOKE AND CARBON MONOXIDE DETECTORS

Smoke and carbon monoxide detectors are easy to ignore until there's an emergency. Make sure that there are fresh batteries in all of your smoke and carbon monoxide detectors.



## PREP FOR EMERGENCIES



It's a good idea to go over what to do in case of an emergency, such as a power outage or a house fire, every spring to help keep the plan fresh in your mind.

**Emergency kits** should be assessed often and restocked in the spring and winter. General contents may include: a flashlight and spare batteries, thermometer, Band-Aids, scissors, tape, triple antibiotic ointment, wound care dressings, allergy and digestive medications, protein bars, a current medication list and names and phone number of family or friends to contact list in an emergency.

## CLEAN UP CLUTTER

Trips and falls are likely to happen when you accumulate too much "stuff". Reduce the risk by removing unnecessary and obstructive items from your regular walking paths and place them in storage. Make maintaining a clear walkway in every room of the house or apartment a top priority.







## Fon du Lac Park District

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