



Senior Community Newsletter

Hello! During this time of separation from our community we wanted to share some resources and information that might be valuable to our community members! Since we can't be together to share it we decided to create a Newsletter that will help us share the information with you.

If you would like to get your email address added to our system you can either:

- Call the front office at 444-9413 to get it added to your account
- Send an email to matts@washingtonparkdistrict.com
- Send us a Message on Facebook : [Fb.com/WashingtonParkDistrict](https://www.facebook.com/WashingtonParkDistrict)

EAT LOCAL—SHOP LOCAL

Many Local Restaurants and Stores are offering TO-GO and Curbside Pick Up for Items. Check out the Area Restaurants and Stores Below.

Click the Links below by pushing CTRL + Clicking on the Headline

EAT LOCAL— WASHINGTON FOOD GUIDE

AREA FOOD GUIDE

Central Illinois Restaurants listed with Hours and information on Carry-Out and Delivery

Check out just some stores in town that are now offering online ordering and curb side pick up

[Sentimental Journey](#) [Lori's Kitchen Store](#) [Lucky Charlie](#) [Define the Home](#)

[LeFleur Floral](#) [Wishing Star Boutique](#) [Boutique 309](#)

Don't forget! Our Parks are open for you to get some fresh air. Please practice Social Distancing but we would love for you to use the parks to get some fresh air and exercise.



What's Inside:

Page 2: A Note from Tara

Page 3: Online Activities

Quick & Easy Recipes

Page 4: Summer Concert Updates



A Note From Tara:

Wow! I can't believe it's been 8 weeks since I have gotten to see all of our Wonderful Senior Programs Participants. I have truly missed seeing each and every one of you and think about you daily. I hope everyone has been staying safe and healthy. During this time I thought that it might be helpful if I send out a few tips, topics & resources that might help you in this time of unknown we are experiencing.

The Park District has been working hard during this time of closure. Dan has the building looking amazing! Everything has been deep cleaned, sanitized and the building looks the best I have ever seen it. Brian, Matt, Kim and Jackie have been working hard on keeping everything running behind the scenes and have they done such a wonderful job during this stressful time.

We are all looking forward to beginning programs again at the Park District even if we have to adjust how we do them in regards to sizes and locations. I know that when we are able to come back to our programming it will be done in the safest way possible!

Please remember I am here for you if you need anything now or in the future.

If you feel lonely and need a friend to talk to I would love to chat!

If you need help with your lawn care, errands or anything that you might be struggling with please reach out to me.

I, along with our Senior Programming Sponsors have resources to help in this time and would be happy to assist so please don't be afraid to reach out! You can email me or call the office and leave me a message!

If you have any questions, concerns or any ideas of things that might be helpful to others please reach out to me! I want to make this be the most beneficial to you!

I look forward to the day we can all be together again...
and I really can't wait to have a Mystery Lunch again!

Email: t.panek@washingtonparkdistrict.com
Office: 309-444-9413

A handwritten signature in black ink that reads "Tara". There is a small red horizontal line under the first letter "T".

ONLINE ACTIVITIES

To view these webpages hold down CTRL BUTTON and CLICK ON THE UNDERLINED WORDS

[GOOGLE ARTS AND CULTURE](#)

Explore Artwork, Famous Landmarks & 360° videos of amazing places

[AT HOME SENIOR FITNESS WORKOUTS FOR ALL LEVELS](#)

Keep your body moving with quick exercises for all levels

[WHEEL OF FORTUNE](#)

Try our hand at Wheel of Fortune! Can you guess the Puzzles? Free to Play and Fun for all ages!

[SAN DIEGO LIVE WEBCAMS](#)

View the wonderful Animals of one of the Nations Largest Zoos.

[AARP GAMES](#)

Lots of Games to keep you entertained. Word Games, Card Games, Brain Games and More!

Easy, Cheap and Tasty Recipes

[Stove Top Bruschetta Chicken Bake](#)

[A Easy Recipe with Minimal ingredients and a favorite of Tara's Family](#)

- 1 Can (14.5oz) Diced Tomatoes—undrained
- 1 Pkg (6oz) STOVE STOP Stuffing Mix (Chicken)
- 1/2 C. Water
- 1—1.5 lbs of Boneless Skinless Chicken— Cut into Bite sized Chunks
- 1 Cup 2% Shredded Mozzarella Cheese (or whatever % you prefer!)
- 1 tsp dried basil

1. Heat oven to 400°
2. Mix Tomatoes, stuffing mix, water until stuffing mix is moistened
3. Place Chicken in 3 qt casserole (or 13x9 baking dish) sprayed with Non-Stick Spray; Sprinkle with basil and Cheese.
4. Top with the stuffing mix. Bake 30 min. or until chicken is done

Tips:

- #1: If you have minced garlic on hand add a little to the Stuffing mixture
- #2: MAKE AHEAD: Prepare and Bake as directed; Let Cool and Refrigerate. To Reheat spoon each serving and heat in microwave.
- #3: Serve with Italian Style Vegetables

“Hope is a renewable option: If you run out of it at the end of the day, you get to start over in the morning.”

- Barbara Kingsolver, Novelist

Are you on Facebook?

Make sure to like the Washington Park District for up to date information.

Have you tried to Facetime During this Pandemic? It is a fun way to talk with loved ones and friends. This can be done many ways.

- **Video Calling on Iphone to Iphone with Facetime**
- **Video Calling on Android to Android with Video Calling**
- **Video Calling on Facebook Messenger (with a Facebook Account)**
- **Apps such as Google Duo or Google Hangouts on Tablets, Computers or Phones.**

If you would like help with any of these items Please reach out to Tara and she would love to help you get connected!

Email her at tpanek@washingtonparkdistrict.com or call the office and leave a message for her @ 444-9413



2020 SUMMER CONCERT SERIES & SOCIAL

WASHINGTON PARK—ROTARY SHELTER
820 Lincoln Street
6:00-8:00 PM

All concerts are free to attend. Please remember to bring your lawn chairs or blankets.

Sunday, July 12th:

Entertainment: Banjovi, Hawkins & Anne
Sponsored by: Deiters Funeral Home & Crematory

Sunday, August 9th:

Entertainment: Peoria Pops Swing Band
Sponsored by: The Loft Rehabilitation & Nursing

Sunday, July 26th:

Entertainment: Turas – Irish Trad in the Heart of Illinois
Sponsored by: Mason-White Funeral Home

Sunday, August 30th:

Entertainment: River Valley Big Band
Sponsored by: Rock Valley Physical Therapy