




Ela Township 55+

—January, February & March 2025—

Ela 55+ Mission Statement

Ela Township 55+ is dedicated to enriching the lives of adults 55 and older through quality recreational, social, and supportive services in a welcoming, inclusive environment.

Center Hours:
Monday—Friday
8:30am — 5:30pm

Ela Community Center
380 Surryse Road, Lake Zurich 60047
Susan Dillon
Community Programs Director
847-438-9160
elatownship.org/seniors
Ela Township 55+ on 

Key Fobs

Every member receives 1 key fob. If yours is lost or broken, you may purchase a new one for \$5.00.

Join
Ela 55+

ELA TOWNSHIP RESIDENTS

Membership to Ela 55+ is free to ALL residents of Ela Township 55 and older. To register: come to the Ela Township Community Center with valid ID and current utility bill. There is a \$5 charge for replacement key fobs.

NON-RESIDENTS

All Non—Residents must pay their 2024 Annual Fee prior to registering for any programs. For an annual rate of \$40 per person, those residing outside of Ela Township can enjoy the “no-fee” based programs and services offered to Ela Residents. Non-Residents must pay the Non-Resident rates on all fee based programs.

**SAY
CHEESE!**

TIME TO UPDATE YOUR INFO

IT'S THE NEW YEAR AND THIS IS THE PERFECT TIME TO UPDATE THE INFORMATION IN YOUR FILE. HAVE YOU MOVED? CHANGED DOCTORS? EMERGENCY CONTACT? MEDICATIONS? DO WE HAVE YOUR PICTURE IN OUR DATABASE?

STOP BY THE FRONT DESK TO GET YOURSELF UP TO DATE!



Table of Contents

General Info	2
Services & Support	3
Day Trips	4
Cuisine Clubs	5
Long Distance Travel	6-8
Community	9
Lunch & Learns	10
Lunch & Movies	11
Lunch & Music Reel Talk	11
Think Tank	12
Ela Eatery Menu	13
Ela U	14
Rabbit Hole & Year of Beer	15
Games & Clubs	16
Health & Wellness	17
Programs	18
Weekend Wonders	18
Friday Fun Nights	19
Calendar Page	20
Registration	21-23

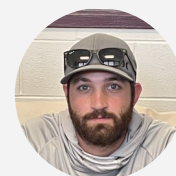
Meet the Ela Community Center Staff



Susan Dillon
Community Programs Director



Jim Dalbec
Assistant Community Programs Director



Joseph Cacciatore
Youth Director



Lisa Gaggiano
Resource Specialist



Mitzi Weiland
Program Specialist



Jill Barnes
Day Trip/Event Specialist



Lina Lunyte
Registration Specialist

CENTER CLOSED

JANUARY 1 & 20

FEBRUARY 17

COFFEE TALK

Wednesday, February 12
9:00 — 9:45am

Join our round table conversation to share your constructive suggestions, ideas and input; and enjoy a little coffee along the way.

No Charge Registration is required.

Pillow Making Workshop

Friday, February 28, 10:00am — Noon

Let's stuff and sew pillows for patients who deserve a little comfort at Good Shepherd Hospital. Good Shepherd Hospital Auxiliary will supply the materials and we will host the workshop here at the Ela Township Community Center.

No Charge Registration Required

Volunteer Meeting

Wednesday, January 8, Noon — 1:00pm

Join Lisa for an informational meeting on all things Volunteer. Learn what is happening, all updates and new opportunities to share your time and talents.

No Charge Registration Required

What's New in Medicare?

Monday, January 13th, 6:00 — 7:00pm

Keep up to date by attending this presentation, giving an overview of the changes with Social Security and Medicare of 2025. It will also provide an overview of Social Security's online services. There will be time for Q&A at the end.

No Charge Registration is required



Ela Township 55+ Senior Resource Services

Our senior resource office assists Ela Township residents with many programs and links them with services to promote independence and a sense of well-being. Lisa Gaggiano, our Senior Resource Specialist, will help you in any way possible.

- *SNAP (Food stamp program)*
- *Benefit Access Program/Discount on license plates and Ride Free RTA pass*
- *Senior Health Insurance Counseling and Education (SHIP)*
- *Pharmaceutical Assistance Program*
- *Extra Help/Medicare Savings Program Screening and Application Assistance*
- *Trained by the Illinois Department on Aging*
- *As always, SHIP counseling is **FREE!***

Call to schedule your telephone, zoom or in person appointment. 847-438-9160 or lisag@elatownship.org

Alzheimer's Caregivers Support Group

Facilitated by Lisa Gaggiano

Tuesdays: January 7, February 4, March 4 7:00—8:00pm at Ela Area Library 2nd floor

This is a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

No Charge Registration suggested/walk-ins welcome

Ela Township Health and Wellness Department has a lending closet available to all township residents. Items such as wheelchairs, walkers, risers and canes are available for use.

For specific availability call (847)540-8380.

Ela Township Town Hall: 1155 E. Route 22, Lake Zurich, IL. 60047

LENDING CLOSET

Ela Township Bus Service

Need transportation for shopping, errands, doctor, dentist or hair appointments? Ela Township Bus Service is offered to Ela Township residents who are 55 years or older and/or handicapped. Ela Bus Service also provides transportation to the Barrington and Palatine train station.

Call 847-438-6677 to schedule a pick up!

Bus Guidelines:

- Service area includes all of Ela Township
- Must schedule rides at least 24 hours in advance
- Exact money only
- Pickups begin at 8:30am. Appointments should not be scheduled prior to 9:15am
- Reservation lines open Monday—Friday from 8am to 1pm to reserve your pick up

Ability Advocates

Facilitated by Mitzi Weiland, LMFT, CT

Fridays: 4:00—5:00pm

January 3, February 7, March 7

Being part of a support group can be one of the most effective ways to reduce stress while connecting with others who relate to your experiences. Care partners and family members benefit by sharing questions and concerns with like-minded others. Join us to share resources, education and first hand experiences.

No Charge Registration Required



D&J Bistro

Thursday, January 23rd at 1:30pm
583 N. Rand Rd. Lake Zurich, IL
847-946-4167

Always one of our most popular Cuisine Clubs, D & J Bistro is nothing but the best! So close to home, yet you will feel like you are dining in a quaint French bistro. The chef and wait staff will delight us with a phenomenal feast and exquisite service. Once at D & J, a limited menu will be available for you to make your selection. Lunch entrée, soup, salad, dessert, coffee, tea, soft drinks and gratuity are included. Cash bar.

Lunch, Fountain Drinks, Iced Tea, or Coffee, Dessert and Gratuity Included.
 Cash Bar

Fee: \$46 Resident / \$51 Non—Resident **Register by January 15**
Self Drive Event

Beelow's Brunch

Sunday, February 2 at 11:00am
763 S Rand Rd, Lake Zurich, IL 60047
(847) 540-0600

Enjoy deliciously prepared brunch favorites like the omelet and pancake bar, bacon, sausage, hash browns, salmon, tilapia, Eggs Benedict, Beef Stroganoff, prime rib carving station, dessert table and so much more. Coffee, tea and soft drinks are included. Check out the Mimosa and Bloody Mary bars, individual cash payment for alcohol.

Please do not arrive prior to 11am.



Fee: \$37 Resident / \$42 Non—Resident

Register by January 26

Self Drive Event



Siri Thai II

Wednesday, March 26 at Noon
101 W. Campbell Street, Arlington Heights
847-342-0664

Siri Thai II is a highly recommended local and family owned Thai Restaurant in downtown Palatine. We will enjoy a family style lunch with a variety of their house favorites starting with Chicken Satay, Crab Rangoon, Egg Roll, Potstickers with dipping sauces, Cucumber Salad and Jasmine Rice Soup. Then we'll enjoy their Thai Style Fried Rice, Pad Thai Chicken, Pad Woon Sen, Panang Chicken, Spicy Garlic Shrimp, and Ginger Beef. Dessert will be their house specialty and vegetarian selections are available upon request.

Fee: \$35 Resident / \$40 Non—Resident

Register by March 19

Self Drive Event

JANUARY

FEBRUARY

MARCH

CUISINE CLUB

Long Distance Travel and Informational Meetings

REGISTRATION IS REQUIRED FOR ALL INFORMATION MEETINGS!

Costa Rica: A World of Nature

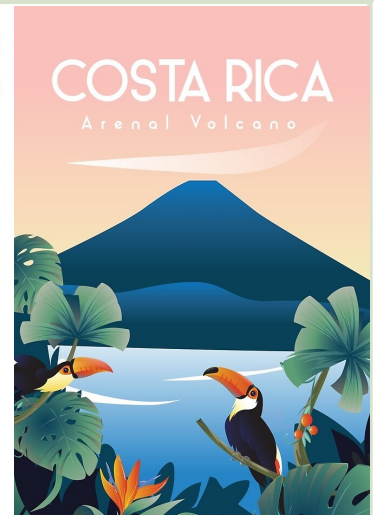
January 25–February 5, 2025 **WAIT LIST**



DOCUMENT MEETING MONDAY, JANUARY 6 AT 7:00PM

MAXIMUM GROUP SIZE IS 24

- Sarapiquí
- Tirimbina Rainforest Center
- Chocolate-Making Demo & Tasting
- Hanging Bridges
- Forest Reserve Guided Walk
- Arenal Volcano
- Manuel Antonio Park
- Jungle Crocodile Safari



Spotlight on New York City

March 3–7, 2025 **WAIT LIST**

DOCUMENT MEETING MONDAY, FEBRUARY 10 AT Noon

- Statue of Liberty
- Two Broadway Shows
- Wall Street
- Greenwich Village
- Ellis Island
- 9/11 Memorial
- 9/11 Museum
- Central Park
- Hamilton Show
- Traditional Italian Dinner
- Ferry Cruise of New York Harbor

Discovering Poland

April 25– May 7, 2025



SEE SUSAN DILLON FOR MORE INFORMATION

On an all-encompassing tour of Poland, uncover the country's poignant past and engaging present. Tour the thriving capital city of Warsaw, reborn after World War II. See Wawel Castle, the former home to the kings of Imperial Poland. Behold the Black Madonna while visiting the Jasna Góra Monastery. During a moving visit to Auschwitz, unveil its somber history and tragic reality. Discover Polish culture at a folklore dinner and show in Kraków. From the thriving capital city of Warsaw to the coastal city of Gdansk, experience Poland at its best.

Double Occupancy \$4699 Per Person

INCLUDES AIR, ACCOMMODATIONS, INSURANCE & MORE

- Warsaw
- Malbork Castle
- Gdansk
- Solidarity Shipyards
- Wroclaw
- Jasna Gora Monastery
- Black Madonna
- Krakow



Ladies Only: Harbor Country Michigan Ela 55+ Exclusive Trip

May 20—22, 2025

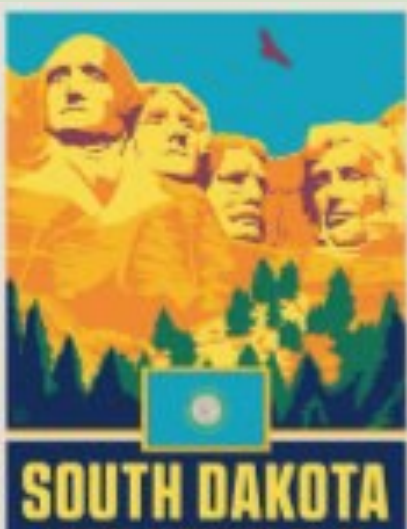
INFORMATION MEETING: MONDAY, FEBRUARY 10 AT 5:00PM

We will be packing in the fun in our usual manner. Three days filled with food, wine, creativity, shopping, chatting and tons of laughter.

This trip fills quickly so please register for information meeting and sign up.

**Single \$725 Resident/\$825 Non—Resident
ALL GRATUITIES INCLUDED**

- Kalamazoo
- Glass Creations
- Sawyer Market
- Deluxe Motorcoach
- Landmark Inn
- All -Single Occupancy
- Catered Breakfasts
- Holland
- Chesterton Tour
- Winery Tours
- Brewery Tour
- Lake Michigan Views



Spotlight on South Dakota

August 29 - September 4, 2025

INFORMATION MEETING: MONDAY, MARCH 3 AT 6:00PM

Discover the stories of the Lakota and Sioux through a Native American chronicler and a visit to a Oglala Lakota Living History Village. See Crazy Horse Memorial, the world's largest mountain sculpture still in progress. Visit iconic Mt. Rushmore. Journey through the natural beauty of Badlands National Park and stop to browse at Wall Drug. Explore historic Deadwood, the former home of Wild Bill Hickok and Calamity Jane. Travel the backcountry of Custer State Park on a Jeep safari. Marvel at Devils Tower, the country's first National Monument. Rapid City is your gateway into wild landscapes and historical landmarks.

**Double \$3,499 Per Person Single \$4,299 Triple \$3,469
INCLUDES AIR, ACCOMMODATIONS, INSURANCE & MORE**

- Mount Rushmore
- Wall Drug
- Custer State Park
- Badlands National Park
- Off-Road Jeep Safari
- Devils Tower Monument
- Oglala Lakota Village
- Crazy Horse Memorial

Circle Wisconsin; Ela 55+ Exclusive Tour

October 2025

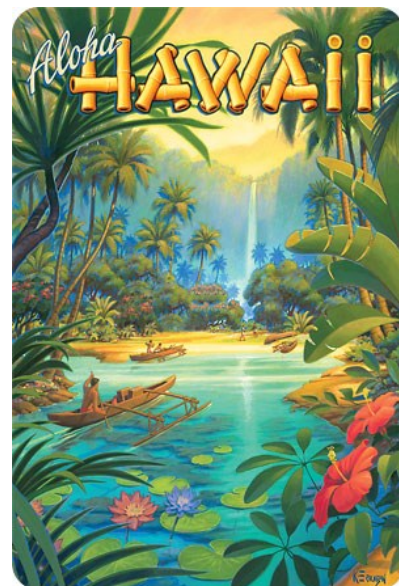
INFORMATION MEETING: MONDAY, FEBRUARY 10 AT 6:00PM

Get to know our neighbors to the north in this fully immersive tour throughout the state of Wisconsin. Tour price to include Deluxe Coach Transportation, All Hotel Accommodations, Driver Gratuity, and so much more.

- LaClare Creamery
- Transportation
- Supper Club
- National Railroad Museum
- Native American Culture
- Green Bay
- Badger State Brewery
- North Woods
- Cranberry Bogs
- Door County
- Door Peninsula Winery
- Deluxe Coach
- Fish Boil



Discover Hawaiian Adventure; Three Islands featuring O'ahu, Big Island And Maui January 25 - February 3, 2026



PREVIEW MEETING: MONDAY, MARCH 3 AT 7:00PM

- Waikiki Beach
- Pearl Harbor
- Iolani Palace
- Polynesian Luau
- Kona Highlights
- Iao Valley
- Hawai'i Volcanoes National Park

10 Days and 14 Meals, prices include Cancellation Waiver and Insurance; Round Trip Air from O'Hare, Center and Hotel Transfers, All Hotel Accommodations, Portage Service, and so much more.



Painted Canyons of the West

April 12 - April 20, 2026

INFORMATION MEETING: MONDAY, MAY 12 AT 6:00PM

Trek across the Southwest as you take in the sienna-colored canyons, towering spires, and desert landscapes found in Utah's five national parks. The backdrop of Denver's Rocky Mountains is the starting point of your journey. In Colorado's wine country, dine with new friends and enjoy a tasting at a family-run winery. Among vistas that evoke the spirit of the Old West, marvel at the unspoiled beauty of Utah's five national parks. Make your way from Arches and Canyonlands to Capitol Reef, Zion, and Bryce National Park. Explore the kaleidoscope of colors found in America's rocky western landscapes

- Dead Horse Point State Park
- Bryce Canyon National
- Capitol Reef National Park
- Arches National Park
- Canyonlands National Park
- Moab
- Open-Air Tram
- Dinner & Wine Tasting
- Utah's Scenic Byway 24
- Escalante National Monument
- Colorado National Monument
- Arches National Park
- Dead Horse State Park
- Las Vegas

Portugal & The Douro River Cruise

October 7 - 17, 2026

INFORMATION MEETING: January Date To Be Determined

Journey along the picturesque Douro River in Portugal soaking in breath-taking views of vineyards and the countryside aboard the exquisite MS Emerald Radiance. With a capacity of just 112 guests, this intimate journey is sure to fill quickly.

- Lisbon
- Porto
- Coimbra
- Salamanca
- Pinhao
- Regua
- Vega Terron
- 2-Night Hotel Stay in Lisbon
- Seven Night Cruise
- Complimentary Regional wines and beers
- Fatima
- Pocinho
- Vineyards
- UNESCO World Heritage Sites



Climate Café

Friday, February 28

1:00 — 2:30pm

Climate Café provides a friendly place to discuss climate change and how it makes us think and feel. Everyone is welcome. We will co-create a space to discuss our hopes, fears, frustrations, and opportunities about climate concerns. There is no agenda, simply an opportunity for each participant to share in a safe space.

No Charge Registration Required



Death Café

Thursdays, 1:00—2:30pm

January 16, February 27, March 13

There are two rules for Death Café: 1. There is never an agenda.
2. There is always cake.

Join us at our monthly Death Café meeting where we will eat cake and co-create a safe space to discuss death (and all that goes along with death). Join our facilitator Mitzi Weiland LMFT, CT who formerly ran the Seattle Death Café and is Certified in Thanatology from the association of Death Education and Counseling (ADEC.org). Open to the public (donations welcome).

No Charge

Registration Required



Big Brothers Big Sisters

Thursdays, 5:30 — 7:00PM

January 9 & 23, February 6 & 20, March 6 & 20

Every child deserves a chance to see their potential realized. By hosting center based mentorship with children in our community, Big Brothers Big Sisters defends that potential and changes lives. Theirs. And Yours. Students and mentors meet in a group setting facilitated by a BBBS Program Facilitator every other Thursday. Program activities includes time for relationship building, a structured activity, and more!

For more information contact Susan Dillon at 847-438-9160 or

susand@elatownship.org

No Charge Registration Required



Big Brothers
Big Sisters®
OF METROPOLITAN
CHICAGO

Corner Salon

Ela Township Community Center

Wednesdays 10:00am—2:00pm

Haircuts & Styling at the Ela Community Center! Mary McCullough is here to save us from all those bad-hair days! Mary is a local stylist with over 40 years of experience.

Clients need to come with hair washed.

Call ahead for appointments available Wednesdays from 10am—2pm.

847-438-9160

Men's Cut: \$10 Resident / \$15 Non-Resident

Lady's Cut : \$15 Resident / \$20 Non-Resident



Tuesdays 11:30am — 1:00pm
HAVE A DELICIOUS HOMEMADE LUNCH AND THEN BE ENTERTAINED AND ENLIGHTENED.
 Fee per session: \$12 Resident/\$17 Non—Resident
 Price includes lunch Participants must register one week prior

Lost Secrets of the Rainforests

Kevin Adair
January 14



For the past 10 years, Kevin Adair has lived in some of the most impoverished communities of the Americas to learn from local people and explore the secrets of the rainforest. Now Kevin is here to share his journey with you. Learn ancient secrets that the rainforest has hidden for centuries that are only now being revealed!

Casinos

John P. Hopkins
January 28



Join us for an inside look into the hidden world of Card Cheats, Dice hustlers, Con Men and pick-pockets. John P. Hopkins will take you on a fascinating journey through this hidden and little known world. John once perpetrated many of these wicked but profitable practices upon a bewildered public with great glee...but now he is almost completely reformed. Get ready to laugh, keep your hand on your wallet, and join the FUN!

Don't Forget: The Science of Memory

William Pack
February 11



Delve into the different types of memory and discover the intricacies of how we remember and forget. Explore why we can't always trust our memory and learn helpful tips on how you can improve it. William Pack will guide you through this engaging presentation with interactive activities, allowing you to participate in your learning experience.

Remember When...

Todd Hunt
February 25



Humorist Todd Hunt shares stories about growing up in small-town America in this fun, interactive look at simpler times. Only three TV channels, one flavor of Cheerios, and humans answered the phone! Enjoy photos and remembrances of TV shows and favorite childhood candy (whatever happened to Walnettos?), fads (remember pet rocks and mood rings?) and vintage cringe-worthy ads (Clorox Toothpaste and candy cigarettes "Just like Dad!").

The Irish In America

John Lyons
March 4



The Irish In America

St. Patrick's Day is celebrated throughout the United States but it has not always been so. Irish immigrants who arrived in the United States in the 19th century were treated with contempt. Through music, photographs, newspaper articles and cartoons, this informative and entertaining talk helps us understand how the Irish went from despised refugees to an acclaimed ethnic group who have made major contributions to every facet of American life.

The Discovery of Magic

William Pack
March 25



William, "The Chicago Magic Expert," cracks open his magic history scrapbooks to reveal a secret world of colorful characters, amusing adventures, and arcane knowledge. MEET astonishing magicians who made the impossible possible. EXPLORE incredible behind-the-scenes stories that most never hear and your audiences will never forget. WONDER at recreations of the baffling magic tricks behind the stories.

Thursdays
11:30am — 2:00pm

Each month enjoy a homemade lunch followed by a movie.

Fee per month:
\$10 Resident/\$15 Non—Resident
Price includes lunch.
Participants must register one week prior.

Sundance Film Festival (Film TBD)

January 30

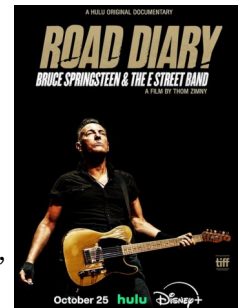
Enjoy the Sundance Film Festival without traveling all the way to Utah. We will select a feature film or award-winner screening of our choice from the comfort of the Community Center during the online Festival which is running from January 30–February 2, 2025.



JANUARY

Road Diary: Bruce Springsteen and the E Street Band **January 16**

Bruce Springsteen and The E Street Band offer the most in-depth look ever at the creation of their legendary live performances, including footage of band rehearsals, backstage moments, rare archival clips and personal reflections from himself.



The Fall Guy **February 6**

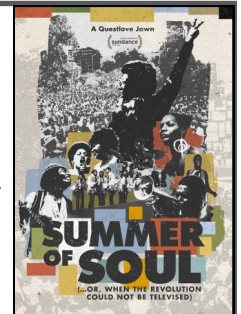
A stuntman, fresh off an almost career-ending accident, has to track down a missing movie star, solve a conspiracy and try to win back the love of his life while still doing his day job. What could possibly go right?



FEBRUARY

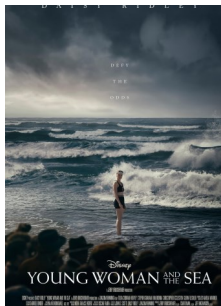
Summer of Soul **February 20**

Summer of Soul is part music film, part historical record created around an epic event that celebrated Black history, culture and fashion. Over the course of six weeks in the summer of 1969, just one hundred miles south of Woodstock, The Harlem Cultural Festival was filmed in Mount Morris Park.



Young Woman and the Sea **March 6**

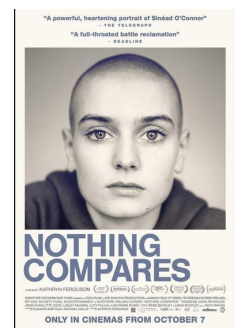
Through the steadfast support of her older sister and trainers, Trudy Ederle overcomes adversity and the animosity of a patriarchal society to rise through the ranks of the Olympic swimming team and complete a 21-mile trek from France to England.



MARCH

Nothing Compares **March 27**

The story of Sinéad O'Connor's rise to worldwide fame, and how her iconoclastic personality resulted in her exile from the pop mainstream. Focusing on prophetic words and deeds across a six-year period (1987-1993), the film reflects on the legacy of this fearless trailblazer, through a contemporary feminist lens.



Open Discussions

Mondays, 12:00 — 1:00pm

Each month members watch a brief documentary on their own and then join Jim Dalbec to have open, honest discussions. Topical, sometimes controversial issues are covered; from Mental Health to Racism to Pollution.

No Fee Registration is required.

January 6

Deadlock: An Election Story

UC Davis School of Law professor Aaron Tang guides a panel of influential figures from legal, political, media and cultural spheres through complex ethical dilemmas based on a real-life scenario. The special encourages civil dialogue and critical thinking in an era dominated by polarizing debates.

February 3

Shots Fired

Amid record police shootings in Utah, an investigation into the use of deadly force in the state. With local journalism partner The Salt Lake Tribune, FRONTLINE examines police training, tactics and accountability, as well as racial disparities in the way force is used.

March 3

The Poison In Us All

PFAS chemicals are used in thousands of products aimed at making life easier. But the chemicals are now almost everywhere, including in human blood, and are being linked to severe health problems. This film examines whether PFAS should be banned.

Reel Talk

Flex your mental muscle as together we take in a documentary followed by a round table discussion.

Fee for Each: \$3 Resident/\$5 Non-Resident

Price is per session

Concussed: The American Dream

Wednesday, January 15, 12:00 — 2:00pm

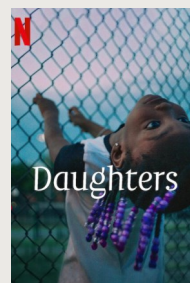
The danger of head trauma in sports has emerged with the discovery of Chronic Traumatic Encephalopathy (CTE) in athletes after death. This documentary explores the story of Super Bowl winner Tyler Sash who rose from a small town to the NFL until concussions shortened his career. NFL Hall of Famer Brett Favre's story is paralleled as he deals with the aftereffects of playing football for 20 years professionally.



Daughters

Wednesday, February 12, 12:00 — 2:00pm

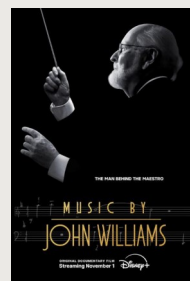
Four young girls prepare for a special Daddy Daughter Dance with their incarcerated fathers, as part of a unique fatherhood program in a Washington, D.C. jail. For most of the daughters, the dance will be the only time they will be able to touch or hug their fathers during sentences, some of which are as long as 20 years. The men undergo sessions with a counsellor who encourages discussion between them about what the relationship with their children means to each of them.



Music By John Williams

Wednesday, March 12, 12:00 — 2:00pm

Music by John Williams offers a fascinating and insightful look at the prolific life and career of composer and Disney Legend John Williams. From his early days as a jazz pianist to his 54 Oscar® nominations and five wins, the documentary takes an in-depth look at Williams' countless contributions to film, including many iconic franchises, as well as his music for the concert stage and his impact on popular culture.



Ela Eatery Homemade Lunches

Call or email us at 847-438-9160/jimd@elatownship.org to order by **5:00pm** Thursday of the prior week.

All lunches are **\$6.00** and served at 11:30am. All lunches have **DESSERT**.

All ordered lunches must be paid for, even if not attended. To Go Containers .50 each.

For Food Safety Reasons, All Lunches Must Be Picked Up At Service Time (11:30am).

Thu, 1/2	NO LUNCH
Tue, 1/7	Chili Loaded Baked Potatoes, Salad
Thu, 1/9	Greek Chicken Thighs & Potatoes, Salad
Tue, 1/14	Lentil & Sausage Stew, Parmesan Toasts
Thu, 1/16	Ginger Orange Salmon over Rice, Broccoli
Tue, 1/21	Turkey Stuffed Peppers, Salad
Thu, 1/23	NO LUNCH CUISINE CLUB
Tue, 1/28	BBQ Chicken Sandwich, Veggie Slaw
Thu, 1/30	Quiche with Garden Salad
Fri, 1/31	SOCK HOP
Tue, 2/4	Tuna Melt and Roasted Tomato Soup
Thu, 2/6	Ginger Chicken & Veggie Stir Fry over Rice
Tue, 2/11	Pulled Pork, Cole Slaw
Thu, 2/13	NO LUNCH
Fri, 2/14	WINE PAIRING DINNER
Tue, 2/18	Reuben Sandwich, Chips & Pickle
Thu, 2/20	Shrimp Tacos with Creamy Black Beans
Tue, 2/25	Chili and Corn Bread
Thu, 2/27	Honey Ham & Havarti Panini with Chips & Pickle
Tue, 3/4	Shepherd's Pie, Salad
Thu, 3/6	Italian Meatball Sandwich, Salad
Tue, 3/11	Dijon Chicken Breast with Buttered Noodles & Vegetables
Thu, 3/13	Italian Chopped Salad, Bread
Fri, 3/14	ST. PATRICK'S DAY PARTY
Tue, 3/18	Cobb Salad and French Bread
Thu, 3/20	Ham, Asparagus & Potato Skillet, Salad
Tue, 3/25	Korean Beef Tacos, Asian Slaw
Thu, 3/27	Sloppy Joes, Sweet Potato Fries

Vegetarian &
Gluten Free
Meals Available
Upon Request

***Have some time you can spare?
We are looking for kitchen
volunteers.***

Dishwashing: We would love some extra help in the kitchen on Tuesdays & Thursdays for lunch service, monthly help cleaning up for cooking classes and Friday night Special Events.

Meal Prep: Help chopping, dicing, mixing and creating in the kitchen for our lunches, classes and special events.

Contact Jill or Lisa for more details and to sign up to volunteer.

JANUARY

FEBRUARY

MARCH

ELA EATERY

Ela University is our effort to further engage our Members. These are classes including (but not limited to): Learning a Foreign Language, History, Photography, Psychology, Science, Playing an Instrument, Writing, and many others. Classes may be held weekly, biweekly, or monthly. Instructors will be either staff, professional instructors, or volunteers.

Today's Artists: A Hands On Experience

Thursdays: 2:00—3:00pm

A new monthly series about current working artists of the 21st century. Each class will feature art technique and theory that has influenced our featured artist. We will watch a short video about the artist and make a small ode to their artwork. Led by Mitzi Weiland, LMFT, CT

**Fee For Entire Course: \$15 Resident/
\$20 Non—Resident**

Registration is Required. No Pro-Rating

Ai Weiwei

January 9: 2-3pm

Learn about artist Ai Weiwei and his extensive body of work in sculpture and paintings. He is a Chinese contemporary artist, documentarian, and activist. His art falls into the movement of Excessive-ism, which we will learn more about in this class.

Students will make an ode to his series: *Zodiac*.



Richard Prince

February 13: 2-3pm

Learn about Richard Prince, an American artist, living and working in NYC. His work challenges the ideas of ownership and boundary crossing.

Students will make an ode to his series *Nurse Paintings* in this class.



Mona Hatoum

March 6: 2-3pm

Learn about artist Mona Hatoum, a British Palestinian installation and multimedia artist living and working in London.

She describes her art as a conversation between "Conflict and contradiction", which we will learn more about in this class. Students will make an ode to her series: *Nature morte aux grenades*.



Contemporary Craft: Useful Items

Tuesdays: 1:00—2:00pm

A new monthly series about current working artists of the 21st century. Each class will feature art technique and theory that has influenced our featured artist. We will watch a short video about the artist and make a small ode to their artwork. Led by Mitzi Weiland, LMFT, CT

**Fee Per Course: \$10 Resident/
\$15 Non—Resident**

Registration is Required.

Block Print Tea Towels

January 21: 1-2pm

Learn this fun method of block printing with a Swedish twist. We will print a few colorful patterns on cotton tea towels with a few different block printing methods. We will heat set the print and you will have a couple towels to use proudly at home or give as gifts.



Infused Salts & Sugars

February 18: 1-2pm

Learn about infusing salts and sugars with different flavorings. We will make salts infused with herbs and sugars infused with essences and spices, and then we will package them up in small containers to take home. These will be great to keep in your kitchen to cook with, or give as lovely gifts.



Garden Plant Markers

March 18: 1-2pm

Learn about different methods to make handmade plant markers. We will take a look at different types and materials that can be used to label your garden and make gifts. In class we will make a handful of clay markers on bamboo stakes to keep or give as gifts.





RABBIT HOLE

LET'S TAKE AN IDEA...
AND RUN WITH IT



'Going down the rabbit hole' on a subject is about diving deeper into the what, the why and why-nots, of what that subject really has to offer. Join Jim & Mitzi as they focus on levity, and delve in to today's most current trends in media and culture. Bound to be an interesting discussion.

Good Things

Monday, January 27 12—1pm

Let's dive into current trends, ideas, and concepts; which may include lawn care done for free, artists that make items and hide them for people to find, giving away money to strangers, and other unique acts of kindness.

The Question— Have you seen anything like this?

Weird Things

Monday, February 10 12—1pm

What makes something weird? Let's look at some strange trends that have people doing all kinds of interesting things. We may look at upside down finger nails, hobby-horsing, pimple poppers, ASMR, rug cleaning and...

The Question— How weird is too weird?

Funny Things

Monday, March 17 12—1pm

If you like laughing, let's go down the rabbit hole into some laughable things. Current comedians, pranks, jokes, puns, and more. How will today's social media 'comedy' compare to the comedy you have seen and known? Let's find out together.

The Question— What makes something funny?



YEAR OF BEER

MEET NEW PEOPLE
DRINK NEW BEER



Join Jim for the Year for Beer Tour where each month we will visit a local brewery to enjoy a tasty beverage or two. Sometimes we'll stop for lunch first and other times we'll eat at the brewery. Each participant is responsible for the purchase of food and beer, transportation to and from the Community Center is provided. **LIMIT 14**

Fee Per Month: \$5 Resident / \$7 Non-Resident

Tighthead Brewing & Franks For The Memories in Mundelein

Friday, January 17 at 12pm



Half Day Brewing in Lincolnshire

Friday, February 21 at 12pm



Buffalo Creek Brewing & Joanie's Pizzeria in Long Grove

Friday, March 21 at 12pm



Art Club

Tuesdays

10:00 — 11:15am

Feeling creative? Come join our Art Group. This peer led group meets weekly, no experience necessary. Painting and drawing, watercolors, acrylics, pastels, colored pencil, charcoal, and more. We have supplies on hand to get you going. If you are looking for people who happily share talents, to teach or learn, come join us.

Fee: \$5 Month (No Pro-Rating)

Baking Club

Wednesdays, January 22, February 26, March 26

10:00 — 11:15am

Love to bake? Want to learn to bake? Come join our new baking Club. This peer led group meets monthly, no experience necessary. If you are looking for people who happily share their baking tricks and talents, to teach or learn, come join us.

Fee: \$5 Month (No Pro-Rating)

Guitar Club

2nd and 4th Tuesdays

1:00 — 2:00pm

The Guitar Group meets the 2nd and 4th Tuesdays of the month to sing, play guitar together and develop our guitar skills. Newcomers are welcome if they have their own guitar. Anyone is welcome to just sit in and listen.

\$20 Annual Fee (No Pro-Rating)

Ukulele Club

1st and 3rd Tuesdays

1:00 — 2:00pm

We meet weekly to sing and play ukuleles together, and to develop our ukulele skills. All skill levels are welcome, just bring your own ukulele. You are welcome to sit in on any of our meetings to see if you'd like to join our fun and friendly group!

\$20 Annual Fee (No Pro-Rating)

\$10 ANNUAL FEE FOR ALL GAMES ...NO PRO-RATING

PHASE 10

Mondays

10:00—11:00am

Mah Jongg

Mondays

10:00—12:00pm

Poker

Tuesdays

9:00—11:00am

Pinochle

Tuesdays

10:00—11:30am

Bridge

Tuesdays

12:00—3:00pm

REGISTRATION IS REQUIRED

Book Club

Join our book club as we dive deep into the pages of each novel, unraveling themes and characters. Let's drink some coffee or tea and have a lovely conversation about this book.

Lady Tan's Circle of Women

Friday January 24th

1:00 — 2:30pm

Generations, friendships and ambitions. Let's read this novel by Lisa See and discuss where those themes cross.

A 2023 historical novel inspired by the true story of a woman physician in 15th-century China.



The Heaven and Earth Grocery Store

Friday March 14th

1:00 — 2:30pm

Skeletons, secrets and the American Dream. Let's read this 2023 novel by James McBride and see where these themes collide.

A story spanning 50 years, and filled with romance, suspense and other big events.



Fee: \$5 Resident/\$7 Non—Resident Registration is Required

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
MORNING MOVERS 9:00—9:45am NO CHARGE	INTERVAL TRAINING 9:00—9:45am	MORNING MOVERS 9:00—9:45am NO CHARGE	CARDIO STRENGTH 9:00—9:45am	MORNING MOVERS 9:00—9:45am NO CHARGE
		CHAIR YOGA 10:00—10:45am	SEATED ZUMBA GOLD 10:00—10:45pm	RESTORATIVE YOGA 10:00—10:45am
YOGA 6:00—6:45pm		STRENGTH TRAINING 1:00—1:45pm		

EXERCISE PUNCH CARDS : **10 Punches \$30 Resident/\$40 Non—Resident**
20 Punches \$60 Resident/\$80 Non—Resident

PLEASE BRING A WATER BOTTLE AND WEAR CLOSED TOE ATHLETIC SHOES
BRING CHANGE OF SHOES...DO NOT WEAR SHOES IN SNOW AND TO CLASS

MORNING MOVERS: NO CHARGE

MONDAYS, WEDNESDAYS, FRIDAYS 9:00 — 9:45am

Designed for all levels of fitness to improve strength, endurance and flexibility. The class alternates between low impact aerobic movements to strength workouts improving lower and upper-body strength. Morning Movers is a Silver Sneakers Circuit Level class, but you don't have to be enrolled in Silver Sneakers to participate. Build cardio endurance and burn calories, while improving quality of life.

YOGA: PUNCH CARD

MONDAYS, 6:00 — 6:45pm

Come enjoy a style of yoga where the breath is linked to movement. This class will direct attention to alignment, will build flexibility, balance and strength. This is a guided class with centering, gentle warm up, sun salutations, standing poses, gentle backbends, twists, cool down, and savasana. The class is suitable for students at all levels.

INTERVAL TRAINING: PUNCH CARD

TUESDAYS, 9:00 — 9:45am

For participants wanting to enhance their fitness levels, improve cardiovascular health, and maintain an active lifestyle. This class combines the benefits of balance and strength training, focusing on functional movements and flexibility using an interval style format, which incorporates short periods of work followed by short periods of rest.

CHAIR YOGA: PUNCH CARD

WEDNESDAYS, 10:00 — 10:45am

Want to improve strength, flexibility and tone? Chair Yoga is the perfect place to get started. Val will lead you through a comprehensive routine designed to strengthen your muscles. This class is safe and appropriate for all fitness levels and abilities.

STRENGTH TRAINING: FOR MEN & WOMEN PUNCH CARD

WEDNESDAYS, 1:00 — 1:45pm

By strengthening the body's largest muscle groups through functional movements, these exercises will translate to improved performance at everyday tasks such as climbing stairs, carrying groceries, and playing with your grand-kids. This class will challenge your strength, balance, and flexibility. All levels are welcomed. Seated and standing class.

CARDIO STRENGTH: PUNCH CARD

THURSDAYS, 9:00 — 9:45am

Energize and strengthen your body with our Cardio Strength class that combines low-impact cardiovascular exercises and muscle-strengthening routines to improve overall fitness and vitality. This class incorporates interval training principals including stations and short periods of work followed by short periods of rest.

SEATED ZUMBA GOLD: PUNCH CARD

THURSDAYS, 10:00 — 10:45pm

Zumba Gold is a seated fitness class tailored for all older adults, including those with limited mobility. Participants engage in dance-based exercises set to Latin rhythms and music from the oldies, promoting overall health and flexibility. The class combines joyful movement with low-impact routines, creating a vibrant and inclusive atmosphere for individuals seeking a fun and accessible workout.

RESTORATIVE YOGA: PUNCH CARD

FRIDAYS, 10:00 — 10:45am

Restorative Yoga is a style of yoga that uses yoga props - bolsters, blankets, blocks and straps to make all yoga poses gentle and accessible to everyone. The goal of restorative yoga is to bring balance to body and mind. Restorative Yoga helps with emotional and physical stress as well as improving immunity, lowering blood pressure, increasing flexibility and overall wellness.

Patton Oswalt: We All Scream

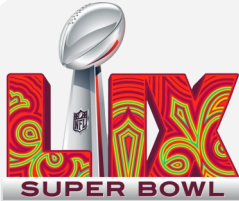
Saturday, January 18

4:00 — 5:30pm

Patton riffs on the hazards of aging, his failed shutdown plans and several other hilarious moments in his life. Come share the laughs. Snacks & Cash Bar, Games & Prizes!

Fee: \$10 Resident / \$15 Non-Resident

Registration Required



Super Bowl LIX

Sunday, February 9

6:30 — 10:00pm

Don't worry if you did not get tickets to Las Vegas, we will be hosting our own Super Bowl LVIII at the Ela Township Community Center. Pizza, Light Snacks & Cash Bar, Games & Prizes!

Fee: \$10 Resident / \$15 Non-Resident

Registration Required

97th Academy Awards

Sunday, March 2

7:00 — 10:00pm

Jimmy Kimmel will once again entertain us through the Oscars. Who will be the lucky winners?

Light Snacks & Cash Bar, Games & Prizes!

Fee: \$10 Resident / \$15 Non-Resident

Registration Required



A Walk In The Woods

January 7, February 19, March 20

3:00 — 4:30pm

The "Walk in the Woods" program invites participants to explore local forests, parks, or nature trails in a guided setting. The program is suitable for all ages and fitness levels and focuses on the benefits of spending time in nature, including mindfulness, relaxation, and physical activity.

No Charge Registration Required

Cuba Marsh

Tuesday, January 7

Meet at the Cuba Road Entrance

Half Day

Thursday, March 20

Meet at Woodlands Pkwy Entrance

Independence Grove

Wednesday, February 19

Meet at the South Bay Trail Loop

Senior First Aid

Monday, March 10, Noon — 3:00pm

Do you feel comfortable in an emergency situation? Would you be able to recognize if your spouse or family member was showing symptoms of a heart attack or stroke?

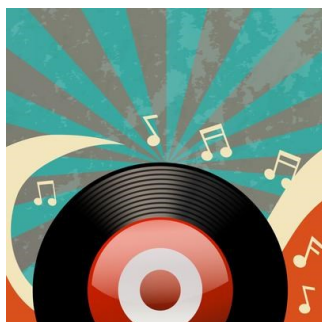
Become certified in First Aid, CPR, and using an AED. You will learn hands on training by practicing techniques such as the Heimlich Maneuver, applying pressure to and treating wounds, recognizing signs of a stroke, heart attack or heat related illnesses, and responding to numerous other everyday incidents that may occur. Participants will all receive a Red Cross First Aid reference guide to take home. **Limit First 8 Participants**

Completion of this class results in the participant being certified in American Red Cross First Aid, CPR, and AED for adults and children.

Registration is required

Fee: \$40 Resident / \$50 Non — Resident





Sock Hop with Erik Donner

Friday, January 31

6:00 — 8:00pm

Erik Donner is back again by popular demand, this time with his Oldies Show that pays tribute to all the great legendary artists at the top of the charts during the early days of Rock and Roll: Elvis, Buddy Holly, Jerry Lee Lewis, Dion and The Belmonts and more. For dinner, we'll enjoy Trio of Sliders, Macaroni & Cheese, Crudit  & Dips, and DIY Soda Fountain. Grab your best poodle skirt or letterman jacket and head to the fun!

Fee: \$30 Resident/\$40 Non—Resident

Register by January 24

Alert us of any food allergies at sign up.

9th Annual Wine Pairing Dinner

Friday, February 14

6:00 — 8:00pm

5 Courses & 5 Wines:

French Onion Tart

Shrimp Cocktail

Endive, Radicchio & Ruby Red Grapefruit Salad

Coffee & Bourbon Braised Short Ribs

Parmesan Mashed Potatoes & Tomato Roasted Onions

Flourless Chocolate Cake with Raspberry Coulis

Fine dining, delicious wines, great friends.



Fee: \$40 Resident/\$50 Non—Resident

Register by February 7

Alert us of any food allergies at sign up.

St. Patrick's Day Party

Friday, March 14

6:00 — 8:00pm

**Enjoy traditional Irish grub with
great authentic Irish music.**

Menu: Corned Beef with Cabbage, Caraway Rye

Bread, Carrots & Red Potatoes,

Irish Soda Bread & Chef's Choice Dessert

Cash Bar



Fee: \$20 Resident/\$30 Non—Resident

Register by March 7

Alert us of any food allergies at sign up.

Trivia Night

Fridays: January 3, February 7, March 7

5:30 — 7:00pm

Looking for an interactive experience, encouraging cooperation and friendly competition? Join us for Trivia Night! Topics covered each round will range from music, sports, decades, pop culture, franchise trivia and so much more. Prizes for the winning team!

Teams will be formed, by random drawing, the night of the event.

Light refreshments will be served and prizes are based on the number of attendees. Cash Bar.

Fee For Each: \$5 Resident/ \$7 Non—Resident

Sign up at least one week in advance.

JANUARY

FEBRUARY

MARCH

FRIDAY FUN NIGHTS

JANUARY 2025

		1 CENTER CLOSED	2	3 Ability Adv. group Trivia Night
5 Every Brilliant Thing 6 Open Discussions Costa Rica Doc MTG.	7 A Walk in the Woods Alzheimer's Support	8 Volunteer Meeting	9 Big Brothers, Big Sisters Today's Artists Ela Board Meeting	10
13 What's New in Medicare	14 Lunch & Learn	15 Reel Talk	16 Lunch & Music Reel Talk Death Café	17 Year of Beer 18 Patton Oswalt
20 CENTER CLOSED	21 Craft Class- Tea Towels	22 Baking Club	23 Cuisine Club Big Brothers, Big Sisters	24 Book Club
27 Rabbit Hole <i>Costa Rica</i>	28 Lunch & Learn <i>Costa Rica</i>	29 <i>Costa Rica</i>	30 Lunch & Movie (Sundance) <i>Costa Rica</i>	31 Sock Hop <i>Costa Rica</i>

FEBRUARY 2025

2 Cuisine Club <i>Costa Rica</i> 3 Open Discussions <i>Costa Rica</i>	4 Alzheimer's Support <i>Costa Rica</i>	5 <i>Costa Rica</i>	6 Lunch & Movie Big Brothers, Big Sisters	7 Ability Adv. group Trivia Night
9 Super Bowl LIX 10 Rabbit Hole NYC Document Meeting Ladies & Wisconsin Info	11 Lunch & Learn	12 Coffee Talk Reel Talk	13 Today's Artists Ela Board Meeting	14 Wine Pairing Dinner
17 CENTER CLOSED	18 Craft class- Infusions	19 A Walk in the Woods	20 Lunch & Music Reel Talk Big Brothers, Big Sisters	21 Year of Beer
24 Oakfire & Tristan Crist	25 Lunch & Learn	26 Baking Club	27 Death Café	28 Climate Cafe Pillow Making Workshop

MARCH 2025

2 Academy Awards 3 Open Discussions South Dakota & Hawaii Info	4 Lunch & Learn Alzheimer's Support NYC	5 NYC	6 Lunch & Movie Big Brothers, Big Sisters Today's Artists NYC	7 Ability Adv. group Trivia Night NYC
10 Senior First Aid	11	12 Reel Talk	13 Death Café Ela Board Meeting	14 Book Club St. Patrick's Day Party
17 Rabbit Hole	18 Craft Class- Plant markers	19 La Boheme @ Lyric	20 A Walk in the Woods Big Brothers, Big Sisters	21 Year of Beer
24/31	25 Lunch & Learn	26 Cuisine Club Baking Club	27 Lunch & Music Reel Talk	28

JANUARY REGISTRATION

Name (PLEASE PRINT CLEARLY!) _____

Phone (_ _ _) _ _ _ - _ _ _ _

Credit Card # _____ - _____ - _____ - _____ (2.8% processing charge per transaction)

SIGN ME UP FOR E-NEWSLETTER _____

TOTAL: _____

SCHOLARSHIPS

PAYMENT AMOUNT:_____ **CHECK**_____

FEBRUARY
REGISTRATION

Name (PLEASE PRINT CLEARLY!) _____

Phone (_ _ _) _ _ - _ _ _

Credit Card # _____ - _____ - _____ - _____ (2.8% processing charge per transaction)

SIGN ME UP FOR E-NEWSLETTER _____

TOTAL:

SCHOLARSHIPS

PAYMENT AMOUNT: **CHECK**

MARCH REGISTRATION

Any credits issued will go into your virtual wallet.

SIGN ME UP FOR E-NEWSLETTER _____

[illegible]

SCHOLARSHIPS

PAYMENT AMOUNT:_____ **CHECK**_____

**Ela Township 55+
380 Surryse Road
Lake Zurich, IL 60047**

PRSR STD
U.S. POSTAGE
PAID
MILWAUKEE, WI
PERMIT NO. 530

Ela Township Contacts

Ela Township Community Center

Susan Dillon, Community Programs Director
susand@elatownship.org
847-438-9160

Jim Dalbec, Assistant Community Programs Director
jimd@elatownship.org
847-438-9160

Joseph Cacciatore, Youth Director
youth@elatownship.org

Lisa Gaggiano, Senior Resource Specialist
lisag@elatownship.org

Mitzi Weiland, Program Specialist
mitziw@elatownship.org

Ela Township Town Hall (Supervisor/Clerk Office)
1155 E. Route 22, Lake Zurich, IL. 60047 | 847-438-7823
Ted Marciniak, Township Manager

Ela Township Assessor's Office
1155 E. Route 22, Lake Zurich, IL. 60047 | 847-438-8370

Ela Township Highway Department
23605 Echo Lake Rd, Lake Zurich, IL. 60047 | 847-438-2371

Ela Health & Wellness
1155 E. Route 22, Lake Zurich, IL. 60047 | 847-540-8380

Ela Township Youth Services
380 Surryse Road, Lake Zurich, IL. 60047 | 847-438-9160

Ela Township Senior/Disabled Bus Service
847-438-6677

Ela Historical Society & Museum
95 E. Main Street, Lake Zurich, IL. 60047 | 847-438-2086

Ela Township Cemeteries
847-204-3541

Ela Township Elected Officials

Gloria Palmblad, Supervisor
Lucy Prouty, Clerk
Larry Bowman, Trustee
Doug Samz, Trustee
Tosi Ufodike, Trustee
Laurie Wilhoit, Trustee



THE
ELA TOWNSHIP
WINTER NEWSLETTER
IS VIEWABLE ONLINE
AT
ELATOWNSHIP.ORG



**Mark
Your
Calendar**

» UPCOMING EVENTS

Sock Hop with Erik Donner
Friday, January 31

9th Wine Pairing Dinner
Friday, February 14

St. Patrick's Day Party
Friday, March 14