



Ela Township 55+

October 2020



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

New House Rules For Community Center

- *No Walk-Ins. Only registered participants may enter the building*
- *All entrants will have their temperature checked and screening questions before entry*
- *Everyone that enters the building must have a mask on at all times*

OCTOBER EVENTS

Twisting the Night Away Concert **Community Center Parking Lot**

Friday, October 9
6:00 — 7:00pm

Bring your own chairs and blankets and see fellow Ela 55+ Members from a safe distance while you listen to great music outside in the Ela Township Community Center Parking Lot.

Adult beverages will be available for purchase.

Limit 50 Participants

You must be signed up at least one week in advance.
Fee: \$10 Resident/ \$15 Non — Resident
Fee is per person.

First Fridays Club **Didier Pumpkin Farm**

Friday, October 2
1:00 — 2:00pm

Have you wanted to join us? Please do, this group has been growing and would love to include you!
Calling all of our single folks! Single/divorcees/widows and widowers; this is for you! Let's grab some apple cider, caramel apple or pumpkin to start off Fall!

Registration Required

Self-Pay at Didier



GENERAL INFORMATION

REGISTRATION REMINDERS

- Register at least one week prior to the program date
- We accept cash , checks and **credit cards**.
There is a 2.65% service fee added to all credit card charges.
- Payment in full required at registration
- Please **print** legibly on all registration forms

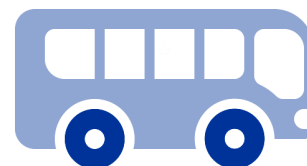
Susan Dillon Community Programs Director	Jim Dalbec Assistant Director	Lisa Gaggiano Resource Specialist	Laura Kulawik Evening Coordinator	Lynn Neumaier	Laura Zickuhr	Lynn Garrett Chef
						

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 and minimal exceptions.
- Must schedule rides at least 24 hours in advance
- \$2 per one-way trip/\$4 round trip/\$1 for each additional stop
- Exact money only
- Pickups begin at 8:30am. Appointments should not be scheduled prior to 9:15am.
- Reservation lines open Monday-Thursday from 8am to 5pm & Fridays from 8am to



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.

Medicare Open Enrollment October 15 - December 7

Just because you love your drug plan now...doesn't mean you will in 2021! Each year YOUR drug list, drug plan premium, formulary and participating pharmacy could change.

Trained by the Illinois Department on Aging, we have a wealth of information available for all who are eligible for Medicare. Call us to schedule your telephone, zoom or in person appointment. As always, **SHIP counseling is FREE!**

847-438-9160 or lisag@elatownship.org or laurak@elatownship.org

Be prepared for your appointment with the following documents.

1. Your Medicare card
2. Current prescription drug list including dosages

If you don't already have a Medicare.gov account-now is the time to create one.

Tech Help Tuesdays with Jim Tuesdays, 1:00—3:00



**Make an appointment
with Jim to help you with
everything from Apple to
Zoom!**

**Help is limited to portable devices.
Registration is required**

Are you 75 or older?

Great news!! Your Illinois Drivers license expiration date has been extended for a period of one year past the licenses' current 2020 expiration date. As a result, drivers age 75 and older with a 2020 driver's license expiration date do not need to visit a facility to renew their driver's license until shortly before their birthday in 2021!

SERVICES

Ela Township 55+ COVID Services



- **Pharmacy Pick-Up:**

Give at least 24 hour notification
Inform Pharmacy we are picking up for you
Pay ahead via credit card *if possible*

- **Grocery Pick-Up:**

Give at least 24 hour notification
Set-Up list and pick-up with your preferred store
Pay ahead via credit card *if possible*
Notify us of time/order number to pick up and deliver to you

We understand that some of this might not be possible for you to complete on your own. If you have difficulties, please notify us so we can assist you further.



CONTACT-FREE CURBSIDE LUNCH PICK-UP

NOW OFFERING LUNCH ON FRIDAYS!!!

Enjoy delicious home-made lunches from our own Chef Lynn: Call or email us at 847-438-9160/susand@elatownship.org to order by the week prior. All lunches are \$5.00 and are picked up curbside at 11:30am. Please have exact change or checks ready. All lunches have **DESSERT**

Mon, 9/28 Lasagna, Garlic Bread, Green Salad

Tue, 9/29 Baked Enchiladas, Rice & Beans

Wed, 9/30 Beer Brats, German Potato Salad

Thu, 10/1 BBQ Drumsticks, Mac & Cheese

Fri, 10/2 Beef Stew, Homemade Yeast Rolls

Mon, 10/12 Beef & Broccoli Stir Fry, Chinese Cabbage

Tue, 10/13 Cheese Ravioli, Garlic Bread, Green Salad

Wed, 10/14 Open Faced Hot Turkey Sandwich, Veggies

Thu, 10/15 Broccoli Cheddar Rice Bake, Green Salad

Fri, 10/16 New England Clam Chowder, Cheddar Biscuit

Mon, 10/5 Pierogis & Kielbasa w/Peppers & Onions, Veggies

Tue, 10/6 Shepherd's Pie, Green Salad

Wed, 10/7 Baked Chicken, Roasted Vegetables, Yeast Roll

Thu, 10/8 Stuffed Bell Peppers, Squash Casserole

Fri, 10/9 Philly Cheese Steak, Tater Tots

Mon, 10/19 Salmon Cakes, Rice Pilaf

Tue, 10/20 Chicken & Stuffing Casserole, Mixed Veggies

Wed, 10/21 Jambalaya, Succotash, Corn Bread

Thu, 10/22 Pulled Pork, Corn Pudding

Fri, 10/23 Grilled Ham & Swiss Sandwich, Autumn Salad

Mon, 10/26 Meatball Sub, Pasta Salad

Tue, 10/27 Thai Chicken Noodles, Zucchini

Wed, 10/28 Turkey Meatloaf, Mashed Potatoes & Gravy

Thu, 10/29 Baked Mostaccioli with Sausage, Green Salad

Fri, 10/30 Chili and Corn Bread

Ela Township Lending Closet

Did you know that Ela Township has a Lending Closet? Here's just a snippet of what we have:



- Walkers (with or without wheels)
- Crutches
- Canes
- Wheelchairs
- Toilet risers
- Shower chairs

Donations of clean, gently used equipment are also appreciated. Contact our Community Family Services offices to inquire about availability (847)540-8380. **Ela Township Town Hall:** 1155 E. Route 22, Lake Zurich, IL. 60047

HEALTH AND WELLNESS

A Walk In The Park

Cuba Marsh, Mondays & Thursdays, 10:00 — 11:00am

Come enjoy the peaceful and calm setting of Cuba Marsh. Walkers will meet at the information sign in the parking lot of Cuba Marsh Entrance (Cuba Road and Ela Road) . To respect everyone's busy schedule, we leave promptly at 10:00am. We will walk for about 60 minutes (depending on weather and conditions of the path).

Registration is required.

No Fee



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	CARDIO STRENGTH 9:00—9:45am	YOGA 9:00—9:45am	INTERVAL TRAINING 9:00—9:45am	RESTORATIVE YOGA 9:00—9:45am
WALK IN THE PARK 10:00—11:00am	YOGA 5:30—6:15pm		WALK IN THE PARK 10:00—11:00am	

**Classes are limited to 15. All classes are \$3 per class per person.
Registration will not be complete without payment.**

CARDIO STRENGTH

TUESDAYS, 9:00 — 9:45am

- SEATED AND/OR STANDING
- STRENGTH WITH SPURTS OF CARDIO

INTERVAL TRAINING

THURSDAYS, 9:00 — 9:45am

- STATIONS OF CORE STRENGTH, BALANCE, AND COORDINATION
- HIGH/LOW HEART RATE BODY MOVEMENTS

YOGA

TUESDAYS, 5:30 — 6:15pm

WEDNESDAYS, 9:00 — 9:45am

- FLEXIBILITY
- CORE STRENGTH
- LOWER BLOOD PRESSURE

RESTORATIVE YOGA

FRIDAYS, 9:00 — 9:45am

IMPROVE FOCUS, FLEXIBILITY & IMMUNITY

- LOWER BLOOD PRESSURE
- REDUCE STRESS

Alzheimer's Caregivers Support Group

Presented by Alzheimer's Association

October 6 7:00 — 8:00pm

Ela Township Community Center

NO CHARGE Registration Required



Men of Genius

Fridays, 9:00 — 10:00am

The guys meet up every Friday morning via Zoom to solve ALL of the world problems. Don't miss it! Email to sign up.



This year it's more important than ever to get your flu shot!!!

Due to the pandemic, we are unable to host our annual flu shot clinic at the community center. Please don't let this stop you from getting your annual flu shot!! Medicare covers 100% of flu shot costs. Many doctors' offices, clinics and pharmacies are already offering flu shots.

Bingo!

Thursdays, 1:00—2:00pm

Welcome back to Bingo! Join us in the Community Center for a little Bingo. This will be limited to 15 people and to 1 hour of play. Sorry no food or beverages allowed.

Registration is required Fee: \$1/per card



MIXED PROGRAMMING

Mason Jar Lid Lighted Pumpkins

Wednesday, October 14

2:30 — 3:30pm

Create this fun and unique pumpkin made from painted or ribbon covered Mason jar lids. This craft is easy but looks like it would take hours! Space is limited to 15 so sign up asap. **LIMIT 15**

Fee: \$25

Registration Required



Be brave enough to start a conversation that matters.

Positive Conversations

Monday, October 19

1:00 — 2:00pm

Join Jim each month as we cover a variety of topics in an effort to challenge yourself and others to learn how to communicate our beliefs, how to separate emotion from opinion, and most importantly, how to listen. **LIMIT 15**

No Fee

Registration is required.



Let's All Match This

Tuesdays, October 13 & 27

1:00 — 2:00pm

Join Laura K as she hosts this Classic Game. Try to match the top answer! The game features contestants trying to come up with answers to fill-in-the-blank questions. The object being to match answers given by your peers. Get to know your peers on a whole different way. Meet in the building; for big laughs, competition and familiar faces.

Registration is required

Class limited to 15 No Charge

Reel Talk: McMillions

6 Consecutive Wednesdays From October 7 — November 11

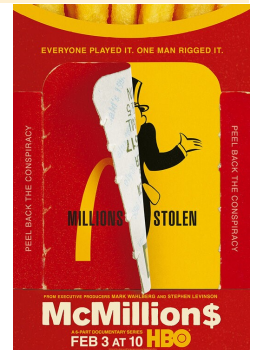
1:00 — 2:00pm

The McDonald's Monopoly game began in the late 1980's giving customers the opportunity to win up to \$1 million in prizes just by buying items like French Fries or a soda. Unfortunately from 1989 to 2001, there were almost no legitimate million dollar winners. Over the course of 6 episodes, you will learn about the biggest fraud you've never heard of, and see how one man's scam was able to net over \$24 million.

Registration is required

Class limited to 14

\$3 Per Class Per Person



Sip N' Swirl

Thursday, October 22

6:00 — 7:00pm

Enjoy a glass of wine while you're guided through the easy steps of creating one of these unique paintings. Join one of our favorites, Tracey Colagrossi as she leads us to creating our own masterpieces, stress free and socially distant.

Class limited to 15 Fee: \$20 Resident/\$25 Non-Resident

Freaky Fridays

1:00 — 2:00pm

October 2: Ghosts

October 9: Creepy Crimes

October 16: Famous Hauntings

October 23: Voodoo & Witchcraft

October 30: Hauntings in Illinois

Join Jim each week as he hosts this series of creepy, fun and ghostly presentations.

From witchcraft to voodoo to local hauntings. Each week Jim will explore a new spooky specialty.

Registration is required

Class limited to 14



\$3 Per Class Per Person

● = Virtual Programming
● = In Person Programming

OCTOBER 2020

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MEDICARE OPEN ENROLLMENT				
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MEDICARE OPEN ENROLLMENT				

October Registration Form

Payments may be mailed in or dropped off during our curbside lunch pick-up at 11:30am Monday-Thursday. Credit Card payment can be taken over the phone. No refunds.

PROGRAM TITLE

DATE

FEE

Name (**PLEASE PRINT CLEARLY!**) _____

Phone _____ E-Mail _____

Credit Card # _____ - _____ - _____ - _____ (2.65% processing charge per transaction)

Exp. Date ____/____/____ V-Code (____)