



Ela Township 55+

November & December 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*

HAPPY HOLIDAYS



Veterans Day
Free Lunch for
ALL Veterans
Wednesday, November 11
11:30am

Due to Covid-19, we cannot host our annual Veteran's Day Luncheon. Instead, all Veterans can pick up a Free lunch curbside on November 11. All others can purchase a lunch for \$5

Enjoy a delicious home-made lunch from Chef Lynn and enjoy this small thank –you for your service.

Sign up for lunch no later than Friday, November 6. Curbside pick up is at 11:30am at the Ela Township Community Center.

Fee: \$5/lunch Vets FREE Registration Required



Zoom Holiday
Trivia Night
Friday, December 11
6:30 – 8:00pm

Test your memory of all things holidays: music, movies and more! Join individually or gather a team of your own.

If you need help learning how to Zoom, just call us at the Ela Township Community Center or sign up for a Tech session with Jim.

Fee: \$5

Registration Required

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

Susan Dillon
Community Programs
Director



Jim Dalbec
Assistant Director



Lisa Gaggiano
Resource Specialist



Laura Kulawik
Evening Coordinator



Lynn Neumaier



Laura Zickuhr



Lynn Garrett
Chef

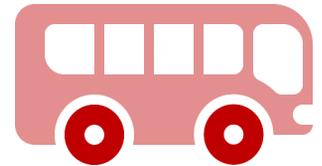


ELA TOWNSHIP BUS SERVICE

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-Friday from 8am to 1pm to reserve your pick up



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 with Jim & Joe

1:00—3:00



Make an appointment with Jim or Joe 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

• 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



• Pharmacy Pick-Up:

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

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

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, 11/2 Swedish Meatballs with Egg Noodles, Green Salad

Tue, 11/3 **CLOSED FOR ELECTION DAY**

Wed, 11/4 Twice Baked Potato with Bacon, Roasted Veggies

Thu, 11/5 Shrimp Po' Boy, Creamed Corn

Fri, 11/6 Italian Sub Sandwich, Pasta Salad

Mon, 11/9 Chicken Parmesan over Spaghetti, Green Salad

Tue, 11/10 Shrimp Fried Rice, Sesame Broccoli

Wed, 11/11 Veteran Day Lasagna, Garlic Bread, Salad

Thu, 11/12 Grilled Cheeseburger, Roasted Sweet Potatoes

Fri, 11/13 Creamy Chicken & Rice Soup, Crescent Roll

Mon, 11/16 Chicken Florentine Pasta, Green Salad

Tue, 11/17 Kung Pao Pork, Veggies

Wed, 11/18 Glazed Ham, Scalloped Potatoes

Thu, 11/19 Chili Mac, Mixed Veggies

Fri, 11/20 Chicken Cordon Bleu Sandwich, Veggie Salad

Mon, 11/23 Chicken Burrito Bowl, Tortilla Chips

Tue, 11/24 BBQ Pulled Pork, Cole Slaw, Fried Apples

Wed, 11/25 Beer Brats, Potato Salad

Thu, 11/26 **HAPPY THANKSGIVING**

Fri, 11/27 **CLOSED**

Mon, 11/30 Chicken Teriyaki, Green Beans

Tue, 12/1 Beef Enchiladas, Rice and Beans

Wed, 12/2 Chicken/Broccoli Alfredo, Garlic Bread, Salad

Thu, 12/3 Muffuletta Sandwich, Roasted Potatoes

Fri, 12/4 Broccoli Cheddar Soup, Italian Bread

Mon, 12/7 Meatloaf, Mashed Potatoes & Gravy

Tue, 12/8 Tomato Bisque, Grilled Cheese

Wed, 12/9 Pierogis w/ Kielbasa and Peppers, Salad

Thu, 12/10 Baked Chicken and Stuffing

Fri, 12/11 Greek Turkey Burger on Pita, Greek Orzo Salad

Mon, 12/14 Turkey Tetrizzini, Green Salad

Tue, 12/15 Shepherd's Pie, Veggie Salad

Wed, 12/16 Jambalaya, Corn Succotash

Thu, 12/17 Broccoli Chicken Cheddar Casserole, Veggies

Fri, 12/18 Loaded Baked Potato Soup, Roll

Mon, 12/21 Chicken Fajitas with all the Fixins

Tue, 12/22 Spaghetti & Meatballs, Garlic Bread, Salad

Wed, 12/23 Grilled Pork Loin, Au Gratin Potatoes

Thu, 12/24 **HAPPY HOLIDAYS**

Fri, 12/25 **CLOSED**

Mon, 12/28 Sweet & Sour Chicken Over Rice, Veggies

Tue, 12/29 Sloppy Joes, Mac & Cheese

Wed, 12/30 Mediterranean Chicken Pasta, Salad, Pita

Thu, 12/31* Prime Rib, Loaded Mashed Potatoes

***Special NYE Dinner for \$10/meal**

Ela Township Lending Closet

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



- Walkers Crutches
- Wheelchairs
- Shower chairs
- Canes
- Toilet risers

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

MIXED PROGRAMMING



New Year's Eve Dinner and Drink Pick-Up

Friday, December 31

CURBSIDE PICK UP AT 12pm

Let's say good riddance to 2020 in style! Chef Lynn is preparing Garlic Rosemary Prime Rib with au Jus alongside Loaded Mashed Potatoes, Green Bean Amandine and, of course, a delicious dessert.

Small bottle of Sparkling Wine for \$5 also available

Fee: \$10/meal \$5/small bottle of Sparkling Wine

Registration Required



Travel Preview

Are you thinking about far off places? Do you want to escape? Take a trip (a virtual one) as we present future Ela 55+ travelling plans.

Danube Explorer River Cruise

Friday, November 6

1:00 – 2:00pm

Best of Ireland

Monday, November 9

3:00 – 4:00pm

No Fee. Registration is required. In person limited to the first 15 registrants. All others will be via zoom.

Friday, November 6

Friends Giving and Food Drive

6:00pm— 7:00pm

Let's get together; talk about gratitude and what we are thankful for! Don't forget to bring nonperishable food to donate to the local food pantry.

Registration Required

Limited to 15 participants

First Fridays Club



Friday, December 4

White Elephant Gift Exchange

6:00pm— 7:00pm

I bet you found a treasure or two, to wrap up as a gift while at home all this time! Let's make a fun trading game out of these treasures! Wrap it up and bring it in for an evening of laughs.

Registration Required

Limited to 15 participants



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. **NO BINGO DECEMBER 3 & 10**

Registration is required Fee: \$1/per card

First Ever Contact Free Cookie Exchange!

Thursday, December 17

4:00pm

1. All cookies should be homemade.
2. Please bring at least 2 dozen cookies to be dropped off at Community Center at Noon on Wednesday, December 16
3. Recipe **MUST** be attached to cookies
4. Cookies will be divided up and distributed on Thursday, December 17 at 4:00 in the Drive -Thru Line at the Community Center
5. Register no later than December 12

Fee: \$5

Registration Required



MIXED PROGRAMMING

Monogrammed Wood Slice Sign

Wednesday, November 18

3:00 – 4:00pm

Create your own monogrammed sign for your home or as a gift for someone. We promise! You can do this.

Register by November 11

Space is limited to 15

Fee: \$20

Registration Required



Holiday Centerpiece

Tuesday, December 1

3:00 – 4:00pm

Easy, endless possibilities! Make a fresh holiday centerpiece. Fill your home with scents of the season!

Register by November 17

Space is limited to 15

Fee: \$25

Registration Required



Be brave
enough to
start a
conversation
that matters.

Open Discussions

Mondays, 1:00 – 2:00pm

In Person Meetings: November 9 and December 7

Zoom Meetings: November 23 and December 21

Previously called Positive Conversations, join Jim as we cover a new topic each meeting in an effort to challenge what we know about the world, and acknowledge there is a lot going on that we are unaware of. We will cover a wide variety of topics and subject matter. **No Fee**

Registration is required. (Limit to first 15 registered participants in person)

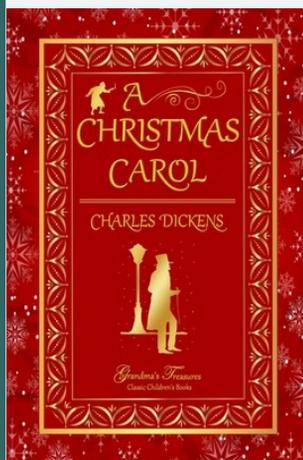
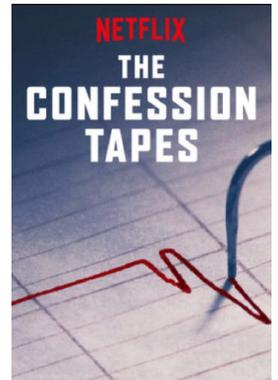
Reel Talk: The Confession Tapes

7 Consecutive Wednesdays From November 18 – December 30

1:00 – 2:00pm

When is a confession not a confession? When it's involuntary, coerced or downright false. Those are the claims made by the subjects featured in this true-crime series. Each episode goes inside a case in which a murder suspect made a confession but later backtracked. Episodes include interviews with investigators, lawyers, wrongful conviction experts and people close to those involved in the cases. Audio and video recordings of the suspects' interactions with members of law enforcement are also presented to help determine the legality of the confessions.

\$15 For the Entire 7 Week Docuseries Registration is required Class limited to 15



Charles Dickens and the Making of *A Christmas Carol* with Jerry Leitner

Part 1: Thursday, December 3

Part 2: Thursday, December 10

1:00 – 2:00pm

In 1844, angered by a government report on abusive child labor practices, Charles Dickens decided to write a pamphlet demanding new laws. He changed his mind, however, realizing that his effectiveness was as a storyteller, not as a reporter. So Dickens wrote *A Christmas Carol*, creating memorable characters who have become a Christmas fixture: Scrooge, Marley, the ghosts of Past, Present, and Future, Bob Cratchitt, and Tiny Tim. But buried in the story, beneath the robes of Christmas Present, are two mistreated, malnourished children named Ignorance and Want—the real and continued reason for Dickens' anger. *A Christmas Carol* has become a timeless tale—a story of greed, heartless laws, second chances, and eventual redemption.

Fee: \$5 for both presentations

Registration is required.

HEALTH AND WELLNESS

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
CHAIR FITNESS 9:00—9:45am	CARDIO STRENGTH 9:00—9:45am	YOGA 9:00—9:45am	INTERVAL TRAINING 9:00—9:45am	RESTORATIVE YOGA 9:00—9:45am
	YOGA 5:30—6:15pm			

Classes are limited to 15. All classes are \$3 per class per person.

Registration will not be complete without payment.

Social distancing and masks worn during the entire class.

CHAIR FITNESS

MONDAYS, 9:00 — 9:45am

- SEATED AND/OR STANDING
- INCREASE MOBILITY & FLEXIBILITY
- STRENGTHEN CORE

CARDIO STRENGTH

TUESDAYS, 9:00 — 9:45am

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

YOGA

TUESDAYS, 5:30 — 6:15pm

WEDNESDAYS, 9:00 — 9:45am

- FLEXIBILITY
- CORE STRENGTH
- LOWER BLOOD PRESSURE

INTERVAL TRAINING

THURSDAYS, 9:00 — 9:45am

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

RESTORATIVE YOGA

FRIDAYS, 9:00 — 9:45am

IMPROVE FOCUS, FLEXIBILITY & IMMUNITY

- LOWER BLOOD PRESSURE
- REDUCE STRESS

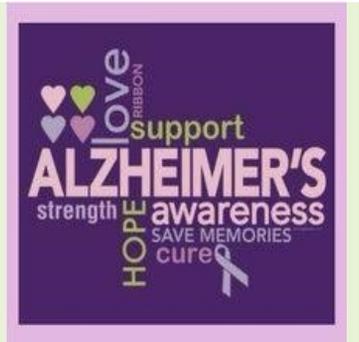
Zoom Alzheimer's Caregivers Support Group

Presented by Alzheimer's Association

November 3 & December 1

7:00 — 8:00pm

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.



Donuts with the Director

Tuesday, November 17, 10:30—11:15am

Join for a roundtable discussion at the Ela Community Center. Susan will bring topics, update you on the latest happenings at Ela 55+ and Ela Township.

No Charge Registration is required. Limit 14



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. **Get yours today!**

● = Virtual Programming
 ● = In Person Programming

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16	17 <i>Donuts with the Director</i>	18 <i>Reel Talk: Confession p.5</i> Wood Slice Sign p.5	19 Bingo p.4	20 Men of Genius p.7
23 Open Discussions p.6 (Virtual)	24	25 <i>Reel Talk: Confession p.5</i>	26 CLOSED FOR THANKSGIVING	27 CLOSED FOR THANKSGIVING
30				

● = Virtual Programming
 ● = In Person Programming

DECEMBER 2020

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November Registration Form

Payments may be mailed in or dropped off during our curbside lunch pick-up at 11:30am Monday-Friday. 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 (____)

December Registration Form

Payments may be mailed in or dropped off during our curbside lunch pick-up at 11:30am Monday-Friday. 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 (____)