



# Ela Township 55+

February & March 2021



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

## EVENTS



**Virtual Wine Tasting  
Chocolate & Wine**  
Friday, February 26  
6:00 – 7:00pm

Cheers! We are having another wine tasting. Join us virtually as we taste several different wines paired with your favorite chocolates. What is not to like? Pick up your tastings and treats at 2:00pm.

**Limit 50 Participants**

You must be signed up at least one week in advance.

**Fee: \$15 Resident/ \$20 Non — Resident**  
**Fee is per person.**



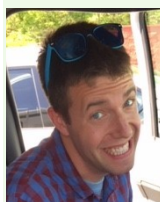
**Virtual Wine Tasting  
Pastries & Wine**  
Friday, March 26  
6:00 – 7:00pm

Pastries and wine? This is going to be delicious! Join us virtually as we pair a variety of fresh pastries and wine. This is the way to spend your Friday night! Pick up your tastings and treats at 2:00pm.

**Limit 50 Participants**

You must be signed up at least one week in advance.

**Fee: \$15 Resident/ \$20 Non — Resident**  
**Fee is per person.**



**Friday Follies!**  
**Facebook Live with Ela Staff**  
Fridays, Noon — 1:00pm

Join this crazy crew each Friday at noon for the next chapter in their escapades. What's on the agenda?

You'll have to tune in to find out.

Join us on Facebook: [@ElaTownship55Plus](https://www.facebook.com/ElaTownship55Plus)



# GENERAL INFORMATION

## NON-RESIDENT MEMBERSHIP

All Non—Residents must pay their 2021 Annual Fee prior to registering for any programs. For an annual rate of \$35 per person, those residing outside of Ela Township can enjoy the free programs and services offered to Ela Residents. Non-Residents must still pay the Non-Resident rates on all fee based programs.

**Susan Dillon**  
Community Programs  
Director



**Jim Dalbec**  
Assistant Director



**Lisa Gaggiano**  
Resource Specialist



**Laura Kulawik**  
Evening Coordinator



**Lynn Neumaier**



**Laura Zickuhr**



**Lynn Garrett**  
Chef



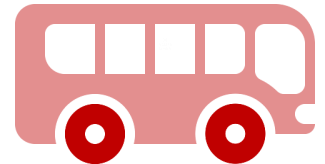
## ELA TOWNSHIP BUS SERVICE

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 with 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. Lisa Gaggiano or Laura Kulawik, our Senior Resource Specialists, will help you in any way possible.

**Pharmaceutical Assistance**  
**State Benefits/Department of Human Service Programs**  
**Senior Health Insurance Counseling (SHIP)**  
**Information and Referrals**

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**

## 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

**Due to COVID, we are not accepting donations at this time.**

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

# SERVICES

## Ela Township 55+ COVID Services



### • Pharmacy Pick-Up:

**Give at least 24 hour notification**

Inform Pharmacy we are picking up at

Pay ahead via credit card *if possible*

### • Grocery Pick-Up:

**Give at least 24 hour notification**

Pay ahead via credit card *if possible*. Notify us of time/order number to pick up and deliver to you



### Chinese New Year Dinner

Friday, February 12

**CURBSIDE PICK UP AT 3pm**

Bring in the year of the Ox with our special Chinese New Year Dinner. Each dinner will include a fried Spring Roll, Beef and Broccoli Stir Fry, Chicken Teriyaki, Vegetable Fried Rice and an Almond Cookie.

**Fee: \$15/meal Sign-up & Pay via Registration Form**



### St. Patrick's Day Dinner

Wednesday, March 17

**CURBSIDE PICK UP AT 3pm**

Celebrate St. Pat's day with the traditional meal of Corned Beef and Cabbage, Roasted Carrots, Salad, Rye Bread and Dessert.

**Fee: \$15/meal Sign-up & Pay via Registration Form**



## 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, 2/1** BBQ Drumsticks, Baked Beans

**Tue, 2/2** Meatloaf, Green Beans

**Wed, 2/3** Smothered Chicken Over Rice, Veggies

**Thu, 2/4** Chicken Pad Thai, Steamed Veggies

**Fri, 2/5** Pierogis & Kielbasa, Veggies

**Mon, 2/8** Baked Enchiladas, Salad

**Tue, 2/9** Bourbon Chicken and Rice, Roasted Veggies

**Wed, 2/10** Turkey Tetrizzini, Salad

**Thu, 2/11** Shrimp and Cheese Grits, Salad

**Fri, 2/12** Baked Spaghetti, Garlic Bread, Salad

**Mon, 2/15 PRESIDENTS' DAY — CLOSED**

**Tue, 2/16** Fat Tuesday Gumbo Over Rice, Cornbread

**Wed, 2/17** Vegetable Lasagna, Salad, Italian Bread

**Thu, 2/18** Chicken & Stuffing Bake, Mixed Veggies

**Fri, 2/19** Baked White Fish w/ Sage Butter, Mixed Veggies

**Mon, 2/22** Chicken & Veggie Stir Fry over Rice, Egg Roll

**Tue, 2/23** Biscuits & Sausage Gravy, Scrambled Eggs, Fruit

**Wed, 2/24** Greek Baked Chicken Thighs, Roasted Veggies

**Thu, 2/25** Open Face Roast Beef Sandwich, Mashed Potatoes with Gravy

**Fri, 2/26** Salmon Cakes, Mixed Veggies

**Mon, 3/1** Swedish Meatballs over Egg Noodles, Salad

**Tue, 3/2** Chicken Enchiladas, Rice and Beans

**Wed, 3/3** Sausage & Lentil Soup, Grilled Cheese

**Thu, 3/4** Fish & Chips, Cole Slaw

**Fri, 3/5** Broccoli Cheddar Rice Bake, Salad

**Mon, 3/8** Italian White Bean Stew w/ Sausage, Focaccia

**Tue, 3/9** Shepherd's Pie, Salad

**Wed, 3/10** BBQ Pulled Pork Sandwich, Cole Slaw

**Thu, 3/11** Chicken Fried Rice, Sesame Broccoli

**Fri, 3/12** Veggie Chili Casserole Topped with Cornbread

**Mon, 3/15** Beef Tacos, Refried Beans, Rice

**Tue, 3/16** Chicken Florentine Pasta, Salad

**Wed, 3/17** Irish Cabbage Rolls, Veggies

**Thu, 3/18** Moo Shu Pork over Steamed Rice, Veggies

**Fri, 3/19** Eggplant Parmesan, Salad

**Mon, 3/22** Chicken & Dumplings, Veggies

**Tue, 3/23** Ham, Potato & Leek Skillet, Veggies

**Wed, 3/24** Meatball Sub, Chips

**Thu, 3/25** Chicken Salad Wrap, Broccoli Salad

**Fri, 3/26** Stuffed Shells, Salad, Garlic Bread

**Mon, 3/29** Chicken Parmesan, Salad

**Tue, 3/30** Beer Brats, Potato Salad

**Wed, 3/31** Beef Stew, Cheddar Biscuits





# LONG DISTANCE TRAVEL



## Zoom: Travel Cocktail Hour

Thursday, March 11

7:00pm

Tired of being stuck at home? Itching to travel? Join us for a virtual world wide tour with highlights from each of the destinations Ela 55+ has traveled to! The only travel document needed is your internet.

**Registration is required**

## Danube Delight River Cruise

April 16–26, 2021

11 Days

22 Meals: 9 Breakfasts • 6 Lunches • 7 Dinners

**Virtual Information Meeting Recorded & Available Upon Request**

**Pricing starts at only \$4,399 :  
airfare included.**

*Five countries in 11 Days will change your perspective! Experience the Danube River aboard your Emerald Waterways star-ship on a seven night cruise through four countries. Includes two nights in Prague and escorted shore excursions with English-speaking guides in six cities. Take this once-in-a-lifetime trip with all your friends from Ela 55+.*

*Complimentary regional wines, beer and soft drinks. Onboard Activity Director. Complimentary bottled water and WIFI. Free bicycles and helmets at your disposal. All airport transfers included.*

**For more information call: Susan Dillon: (847) 438-9160 [susand@elatownship.org](mailto:susand@elatownship.org)**



## Best of Ireland

September 20–October 2, 2021

14 Days/17 Meals: 12 Breakfasts • 5 Dinners

**Virtual Information Meeting Recorded & Available Upon Request**

**Single \$6,368; Double \$5,199; Per Person**

### Highlights...

- Fully Escorted
- Cultural Food Tasting
- Traditional Irish Dinner
- City Tour of Dublin
- City Tour of Belfast
- Walking Tour of Kilkenny
- Walking Tour of Derry
- Tour of Galway
- Blarney Castle, Waterford
- Jaunting Cart in Killarney
- Riverboat in Killarney
- Ring of Kerry
- Cliffs of Moher
- Giant's Causeway
- Inishowen Peninsula

**For more information call: Susan Dillon: (847) 438-9160 [susand@elatownship.org](mailto:susand@elatownship.org)**



## Iceland's Magical Northern Lights Discovery

November 6–12, 2021

**Virtual Information Meeting Recorded & Available Upon Request**

7 Days/10 Meals: 5 Breakfasts • 5 Dinners

**Single \$3,899; Double \$3,499; Per Person**

### Highlights...

- Reykjavík
- Northern Lights Cruise
- Search for the Northern Lights
- Golden Circle
- Thingvellir National Park
- Geysir
- Gullfoss Waterfall
- Lava Exhibition Center
- Vik
- Seljalandsfoss
- Skógar Museum
- Skógafoss
- Jökulsárlón Glacial Lagoon
- Skaftafell National Park
- Blue Lagoon

**For more information call: Susan Dillon: (847) 438-9160 [susand@elatownship.org](mailto:susand@elatownship.org)**

# MIXED PROGRAMMING

## Zoom Love Door Hanger Craft    Zoom Personalized Planter Craft

Thursday, February 11

2:30 – 3:30pm



Create a lovely door hanger for Valentine's Day. You will be able to customize your own design. Supplies will be picked up the day before in the lunch line.

**LIMIT 15    Fee: \$15  
Registration Required**

Thursday, March 11

2:30 – 3:30pm



Looking forward to Spring? Spruce up your house or patio with this personalized planter, or give it as a gift! Supplies will be picked up the day before in the lunch line.

**LIMIT 15    Fee: \$15  
Registration Required**

## First Fridays Club

Friday, February 5: Zoom Win, Lose or Draw

Friday, March 5: Zoom Scavenger Hunt Around the House

1:00 – 2:00pm



While we are still safe at home let's play a few games! Calling all of our single folks! Single/divorcees/widows and widowers; this is for you!

No Charge

Registration is required

Be brave enough to start a conversation that matters.

### Zoom Open Discussions

Monday, February 8

Monday, March 8

1:00 – 2:00pm

Join Jim on the 2nd Monday of the month as we discuss a different topic each time in an effort to challenge our beliefs, try to picture ourselves in someone else's shoes, and learn how to separate emotion from opinion. Most importantly, we'll listen to one another!

**No Fee    Registration is required.**

### Tech Help with Jim & Joe

Tired of missing out because you don't know how to zoom or facetime? Make an appointment with Jim or Joe to help you with everything from Apple to Zoom!

Help is limited to portable devices.  
Call 847-438-9160 to set up a time



## Ela University: Happiness Class (Zoom)

8 Consecutive Wednesdays at 10–11am from February 10–March 31

This 8-week course is a shortened version of the most popular class ever taught at Yale University, "Psychology and the Good Life." Join Jim on 8 Zoom Meetings as we explore what new results in psychological science teach us about how to be happier, how to feel less stressed, and how to flourish more. We'll then have a chance to put these scientific findings into practice by building the sorts of habits that will allow us to live a happier and more fulfilling life.

### Meeting Dates

February 10: Week #1

February 17: Week #2

February 24: Week #3

March 3: Week #4

March 10: Week #5

March 17: Week #6

March 24: Week #7

March 31: Week #8



Fee For Entire Course: \$10



# HEALTH AND WELLNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHAIR FITNESS 9:00—9:45am	CARDIO STRENGTH 9:00—9:45am	YOGA 9:00—9:45am MACHO MAN 1:00—1:45pm	INTERVAL TRAINING 9:00—9:45am	RESTORATIVE YOGA 9:00—9:45am

All classes are \$3 per class per person and are held via Zoom.  
Registration will not be complete without payment.

## CHAIR FITNESS

MONDAYS, 9:00 — 9:45am

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

## YOGA

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

## CARDIO STRENGTH

TUESDAYS, 9:00 — 9:45am

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

## MACHO MAN

WEDNESDAYS, 1:00 — 1:45pm

- MEN ONLY
- CARDIO/CORE STRENGTH
- BUILDING MUSCLE/FLEXIBILITY

## 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*

**February 2, March 2**

**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.

## Zoom Volunteer Brainstorming Meeting

**Tuesday, February 23**

**12:00 — 1:00pm**



Join us as we talk about ideas how to help members in our community.  
How can you help, how do we organize, who is in need; let's make a plan to help all those in need.

**No Charge**

**Registration is required**

**Ela 55+ will be closed Monday, February 15**

**ALL PROGRAMS ARE  
VIRTUAL**

## FEBRUARY 2021

1	2 ALZHEIMERS GROUP	3	4	5 FRIDAY FOLLIES FIRST FRIDAYS CLUB
8 OPEN DISCUSSIONS	9	10 <i>HAPPINESS CLASS</i>	11 CRAFT ELA BOARD MTG.	12 FRIDAY FOLLIES CHINESE NEW YEAR DINNER
15 <b>CLOSED</b> <b>PRESIDENTS' DAY</b>	16	17 <i>HAPPINESS CLASS</i>	18	19 FRIDAY FOLLIES
22	23 VOLUNTEER ZOOM	24 <i>HAPPINESS CLASS</i>	25	26 FRIDAY FOLLIES WINE TASTING

**ALL PROGRAMS ARE  
VIRTUAL**

## MARCH 2021

1	2 ALZHEIMERS GROUP	3 <i>HAPPINESS CLASS</i>	4	5 FRIDAY FOLLIES FIRST FRIDAYS CLUB
8 OPEN DISCUSSIONS	9	10 <i>HAPPINESS CLASS</i>	11 CRAFT TRAVEL COCKTAIL HOUR ELA BOARD MTG.	12 FRIDAY FOLLIES
15	16	17 ST. PATS DINNER <i>HAPPINESS CLASS</i>	18	19 FRIDAY FOLLIES
22	23	24 <i>HAPPINESS CLASS</i>	25	26 FRIDAY FOLLIES WINE TASTING
29	30	31 <i>HAPPINESS CLASS</i>		



## GET THE VACCINE!

**Have you registered via the Lake County Health Department portal?**

Go to <https://allvax.lakecohealth.org>

Or call **847-377-8000**

**AVOID COVID-19 Vaccine Scams As COVID-19 vaccine distribution begins, here are signs of potential scams:**

- You are asked to pay out of pocket to get the vaccine.
- You are asked to pay to put your name on a vaccine waiting list or to get early access.
- Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
- Marketers offering to sell or ship doses of the vaccine for payment.
- **Protect Yourself.** Do not give out your personal information to unknown sources.

# REGISTRATION

## February 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 AND PAGE

DATE

FEE

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Name (**PLEASE PRINT CLEARLY!**) \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

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

Exp. Date \_\_\_\_/\_\_\_\_ V-Code (\_\_\_\_)

## March 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 AND PAGE

DATE

FEE

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Name (**PLEASE PRINT CLEARLY!**) \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

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

Exp. Date \_\_\_\_/\_\_\_\_ V-Code (\_\_\_\_)

**Ela 55+ will be closed Monday, February 15**