



Ela Township 55+

January 2021



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*

JANUARY EVENTS

Virtual Wine Tasting & Charcuterie

Friday, January 29

6:00 – 7:00pm

Don't let winter or a pandemic stop you from having fun! Join us virtually as we taste several different wines while enjoying a delicious charcuterie platter made just for you. 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.



A Struggle for a Dream:

The Life of Dr. Martin Luther King Jr.

Presented via Zoom by Jim Gibbons

Monday, January 18

1:00 – 2:00pm

Historian Jim Gibbons will discuss the life of Dr. Martin Luther King Jr., his strong nonviolent beliefs, his turbulent life, tragic death and why we commemorate January 18th every year in his honor. Gibbons will show that with just four words, “I have a dream” change for a better world is entirely possible!

Fee: \$5 per Household

Registration Required



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.

NON-RESIDENTS THAT HAVEN'T PAID THEIR 2021 FEE WILL NOT RECEIVE ANY FUTURE NEWSLETTERS.

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

Tech Help with Jim & Joe 1:00—3:00pm



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



- **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, 1/4 Stuffed Peppers, Mixed Veggies
Tue, 1/5 Chicken Quesadilla, Mexican Street Corn
Wed, 1/6 Baked Mostaccioli, Green Salad
Thu, 1/7 Southwest Pulled Pork, Roasted Sweet Potatoes
Fri, 1/8 Minestrone Soup, Focaccia Bread, Salad

Mon, 1/11 Chinese Pepper Steak w/Rice & Veggies
Tue, 1/12 Italian Sausage & Pepper Skillet, Salad
Wed, 1/13 Chicken Wings w/Celery & Ranch, Cole Slaw
Thu, 1/14 Grilled Cheeseburger, Sweet Potato Fries
Fri, 1/15 White Chili w/ Turkey, Cornbread

Mon, 1/18 Ham & Potato Skillet w/ Green Salad
Tue, 1/19 Open Face Turkey Sandwich w/Gravy & Veggies
Wed, 1/20 Swedish Meatballs over Egg Noodles, Salad
Thu, 1/21 Chicken Taco Salad, Rice & Beans
Fri, 1/22 Guinness Beef Stew, Roll

Mon, 1/25 Sliced Ham, Cheesy Potatoes, Veggies
Tue, 1/26 Bourbon Chicken & Rice, Mixed Veggies
Wed, 1/27 Cheese Tortellini w/ Italian Sausage, Salad
Thu, 1/28 Chicken and Vegetable Stir Fry w/ Rice
Fri, 1/29 Tuscan White Bean & Ham Soup, Roll

Donuts with the Director on Zoom

Tuesday, January 12, 10:30—11:15am

Join for a virtual roundtable discussion from 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.



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)
- Wheelchairs
- Crutches
- Toilet risers
- Canes
- 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

Help us help others!

Partnering with Caring Women's Connection, Ela 55+ is collecting toiletry and personal care items for women and children in need living in Lake County. Drop donations in the bin by the front doors of the Ela Township Community Center. Call us at 847-438-9160.

**PLEASE DONATE:****Hand Sanitizer****Liquid Soap****Feminine Products****Toothpaste****Deodorant****Shampoo and Conditioner**

Thank you for supporting this drive, which is part of our efforts to address specific needs of those women and children we serve in Lake County. Caring Women's Connection is an all-volunteer 501(c)3 organization.

Catch People Being Kind

***In a world where you can be anything...
Choose to be kind.***

With all of the negativity in the world today, it's important to remember that kind acts can make a huge difference in our community. We invite those who witness a kind act, or those who are on the receiving end of the kind act, to submit the names of those who do them along with a description of the kind act (and possibly a picture) by emailing info@elatownship.org. All submissions should include contact information for both the witness and recipient of the kind act.

All submissions will be entered into our raffle to receive a gift card as a thank you for helping make our community just a little bit kinder.

**#ELAKIND****Black Lives Matter, White Privilege and Why It Effects EVERYONE****Thursday, January 21****2:00pm**

"No matter how big a nation is, it is no stronger than its weakest people, and as long as you keep a person down, some part of you has to be down there to hold him down, so it means you cannot soar as you might otherwise."

Marian Anderson

Be Brave. Be Open Minded. Be Kind. This is all we are asking of you. Please join us for this very special and important Zoom presentation, followed by a question and answer session. Learn the true definitions of these terms, where they came from, and why they are so important. **If not now, then when?**

Registration is required**No Charge**

LONG DISTANCE TRAVEL



Zoom: Travel Cocktail Hour

Thursday, January 28

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

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



Iceland's Magical Northern Lights Discovery

November 6– 12, 2021

Virtual Information Meeting:

Wednesday, January 13 at 3:00pm

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

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	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

CARDIO STRENGTH

TUESDAYS, 9:00 — 9:45am

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

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

RESTORATIVE YOGA

FRIDAYS, 9:00 — 9:45am

IMPROVE FOCUS, FLEXIBILITY & IMMUNITY

- LOWER BLOOD PRESSURE
- REDUCE STRESS

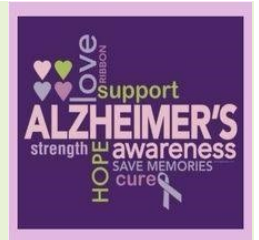
Zoom Alzheimer's Caregivers Support Group

Presented by Alzheimer's Association

January 5

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.

New Year, New You Planning Workshop

Thursday, January 14

Zoom at 1:00 — 2:00pm

GOODBYE 2020! ...Hello 2021 and a new you. It was a strange long year, that most of us want to forget. It was a year that gave us time to reflect on what is important to each of us. Family, Friends, Travel, Health, Philanthropy, or a Cause/ Movement may be something we want to make a priority for 2021. Learn how to identify your goals, make an action plan, review your system and hold yourself accountable.



Materials will be handed out prior to workshop.

Registration is required

Fee: \$5

MIXED PROGRAMMING

Hobnail Milk Glass Craft

Wednesday, January 27

Zoom at 2:30 — 3:30pm

Do you have hobnail glass around your house or does it remind you of your childhood? It's the newest trend! Join us to create a small hobnail milk glass bowl.

LIMIT 15



Be brave
enough to
start a
conversation
that matters.

No Fee

Zoom: Open Discussions

Monday, January 11

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.

Registration is required.

Fee: \$15

Registration Required



First Fridays Club

Friday, January 8

Zoom at 1:00 — 2:00pm

Ring in the new year with fun discussion about what we are looking forward to in 2021. Let's plan out 2021 as a group, get your ideas heard for this fun group! Calling all of our single folks! Single/divorcees/widows and widowers; this is for you!

No Charge

Registration is required



Zoom: Do We Have Free Will?

Tuesday, January 19

1:00 — 2:00pm

It seems obvious that we make hundreds of decisions every day, but many philosophers say this instinct is wrong and free will is a figment of our imagination. We will continue that debate and try to answer the question once and for all: do we really have free will?

Fee: \$3

Registration is required



Egypt-In the Footsteps of Pharaohs

Virtual Program with Barb & Ron

Monday, January 25

2:00 — 3:00pm

Egypt was in its glory days about 5000 years ago. Its obsession with the afterlife left timeless treasures to explore. Meet the pharaohs who built them and the gods they honored. Visit the cultural, seaside city of Alexandria and bustling, brash Cairo. Nearby, discover the pyramids, the only wonder of the ancient world which remains, the familiar sphinx, colorful tombs, and magnificent temples. Float down the peaceful Nile from Luxor to Aswan, stopping to visit villages along the way. Explore the Aswan Dam and Abu Simbel with its colossal statues relocated here when the dam was built. Photos from 2020.

Fee: \$5

Registration is required

**ALL PROGRAMS ARE
VIRTUAL**

JANUARY 2021

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January 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 (** _____ **)**