



# Ela Township 55+

April 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+

## 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**

## APRIL EVENTS

**Zoom Spring Wine Tasting & Seasonal Charcuterie**  
Friday, April 30  
6:00 – 7:00pm



**Chicago Zoom Trivia Night**  
Friday, April 16  
6:30 – 8:00pm

**CHICAGO**



**TRIVIA NIGHT**

Drink in the fresh tastes of Spring with an array of wines and a seasonal charcuterie tray that will compliment your tastings...all in the comfort of your own home.

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

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

Test your knowledge on all things Chicago!  
Music, movies, sports, landmarks and more!  
Join individually or gather a team of your own.

**Fee: \$5 Resident/\$10 Non – Resident**  
Sign up at least one week in advance.

# 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**

## 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

# COMMUNITY

## Ela 55+ Adopt-A-Highway Program Clean Up Day: Sunday, April 18

Ela Township 55+ is seeking volunteers to help clean up Old McHenry Road between Quentin Road and Midlothian Road. This stretch of roadway is approximately 0.5 miles long. Volunteers will meet at 9:00am at the Hawthorn Woods parking lot.



## Volunteer Card Making Workshop Tuesday, April 20, 10:30—11:15am

Calling all Volunteers! We're making cards to send to our isolated members. This will be assembly style; folding, assembling, writing and addressing. Please join us to help bring a smile to others! **No Charge** **Registration is required** **Limit 15**



## Thank You To ALL of our Volunteers

ELA 55+ wants to express its gratitude for all those who volunteered this past year.

*“The smallest act of kindness is worth more than the grandest intention.” – Oscar Wilde.*

Our community of volunteers went above and beyond in the most challenging year! We are amazed at how many of you called in to offer your help in anyway possible. We thank you and look forward to hopeful new year.



**THANK YOU, VOLUNTEERS!**

## THANK YOU!

*Thank you to EVERYONE who participated in our supply drive! Your generosity will help women and children in need living in Lake County.*



**THANK YOU!**

## Donuts with the Director on Zoom Monday, April 19, 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.**

# 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

**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**

**Thu, 4/1** Cheese Tortellini w/Italian Sausage, Salad

**Fri, 4/2** Baked White Fish w/Parmesan Rosemary, Pasta Salad

**Mon, 4/5** Swedish Meatballs w/Egg Noodles, Salad

**Tue, 4/6** Shrimp Fried Rice, Sesame Green Beans

**Wed, 4/7** Lemon Parmesan Chicken, Roasted Vegies over Herb Quinoa

**Thu, 4/8** Sloppy Joes, Tater Tots, Broccoli Salad

**Fri, 4/9** Greek Turkey Burger on Pita, Zoodles Salad

**Mon, 4/12** Beef Quesadilla, Rice and Beans

**Tue, 4/13** White Lasagna w/ Chicken, Salad

**Wed, 4/14** BBQ Pork Sandwich, SW French Fries, Cole Slaw

**Thu, 4/15** Sweet & Sour Popcorn Chicken, Stir Fried Vegies

**Fri, 4/16** Lemony Shrimp & Pea Linguine, Marinated Vegies

**Mon, 4/19** Pasta w/Chicken Sausage, Artichokes & Spinach, Salad

**Tue, 4/20** Caribbean Chicken over Coconut Rice, Veggies

**Wed, 4/21** Italian Sausage & Pepper Skillet, Veggies

**Thu, 4/22** Lemon Baked White Fish, Steamed Green Beans

**Fri, 4/23** Croissant w/Salad Trio: Tuna, Chicken & Egg

**Mon, 4/26** Sesame Chicken w/Quinoa, Steamed Broccoli

**Tue, 4/27** Pork Carnitas Burrito, Refried Beans & Rice

**Wed, 4/28** Moroccan Beef Stew over Rice, Veggies

**Thu, 4/29** Spaghetti Squash w/Sausage & Marinara, Salad

**Fri, 4/30** Greek Tortellini Salad w/Chicken, Everything Muffin



### 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!

# MIXED PROGRAMMING

## Teacup Bird Feeder Wednesday, April 14 2:30 — 3:30pm

Do you have an old teacup and saucer you would like to repurpose? Join us as we make these cute bird feeders. Please bring your own teacup and saucer, you can bring several if you wish.

**Fee: \$5      Registration Required**



Be brave enough to start a conversation that matters.

**No Fee**

## Zoom: Open Discussions Monday, April 5 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.**



## First Fridays Club Friday, April 9 6:00 — 7:00pm

Welcome back! Let's catch up *in-person* at the Community Center.

Calling all of our single folks! Single/divorcees/widows and widowers; this is for you!

**No Charge      Registration is required**

**IN PERSON!**

**WE NEED TO REMEMBER  
ACROSS GENERATIONS  
THAT THERE IS AS  
MUCH TO LEARN AS  
THERE IS TO TEACH.**

Gloria Steinem

## Differences Between Generations

**Tuesday, April 20  
1:00 — 2:00pm**

Baby Boomers, Generation X, Y, and Z, and other generations will be discussed in this session. Does the era we were brought up in have that large of an effect on us as people? What similarities and differences do we share with other generations? Join Jim as we find out!

**Fee: \$3**

**Registration is required**



## Zoom Sip N' Swirl Thursday, April 22 7:00 — 8:30pm

Tracey will work her wonder and guide us through creating this beautiful image for ourselves! A little wine will help you relax. Supplies can be picked up at 11:30 on Thursday.

Limit 12

**Fee: \$20 Resident/\$25 Non-Resident  
Sign up at least one week in advance.**



## Flower Power Spring Hanging Basket Thursday, April 22 10:30 — 11:30am

Finally! Let's get our hands in the dirt and create something green for our homes! Beautiful hanging baskets will brighten everyone's life! Masks must be worn at all times. Bring gloves and trowel. Meet at Hawthorn Gardens at 10:30.

**Fee: \$30 Resident/\$35 Non-Resident      Limit 15  
Sign up at least one week in advance.**

## Reel Talk: Surviving Death

**Wednesdays April 21 & 28  
1:00 — 2:00pm**

Based on the Book by Leslie Kean, *Surviving Death* explores the questions of what it means to die, and is death the end of our existence? This two-part series will weave together innovative new research with firsthand accounts from those who've been close to death.

**Fee: \$6 For the Two Week Docuseries      Class limited to 15**



# LONG DISTANCE TRAVEL

## Best of Ireland

September 20—October 2, 2021

14 Days/17 Meals: 12 Breakfasts • 5 Dinners

**Information Meeting For Those Not Already Registered**

**Thursday, April 29 at 6:00pm**

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



### 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



## Iceland's Magical Northern Lights Discovery

November 6– 12, 2021

7 Days/10 Meals: 5 Breakfasts • 5 Dinners

**Information Meeting For Those Not Already Registered**

**Friday, April 9 at 6:00pm**

**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

## Tropical Costa Rica

January 28—February 6, 2022

10 Days/14 Meals: 8 Breakfasts • 6 Dinners

**Information Meeting For Those Not Already Registered**

**Friday, April 9 at 7:00pm**

**Double \$2,798; Per Person Single \$3,358**



### Highlights...

- Fully Escorted
- Cultural Food Tasting
- San Jose
- Coffee Plantation
- Guanacaste
- Monteverde Cloud Forest
- Arenal Volcano
- Lake Arenal Cruise
- Cano Negro Refuge
- Zarcero



## Danube Delight River Cruise

May 5 - 15, 2022

11 Days

22 Meals: 9 Breakfasts • 6 Lunches • 7 Dinners

**Information Meeting For Those Not Already Registered**

**Thursday, April 29 at 7:00pm**

**Pricing starts at only \$4,649 : 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**

# 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
		MACHO MAN 1:00—1:45pm		

**Classes are limited to first 15 in person; unlimited via zoom.  
All classes are \$3 per class per person.  
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*

**Tuesday, April 6, 7:00 — 8:00pm**

**NO CHARGE Registration Required**



## Zoom Cancer Support Group

*Presented by Mary Sue Fidale*

**Monday, April 12, 12:00 — 1:30pm**

**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.



# 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.

**PROGRAMS IN BLACK  
ARE VIRTUAL**

# APRIL 2021

**PROGRAMS IN RED  
ARE IN-PERSON**

			<b>1</b>	<b>2</b> <b>FIRST FRIDAYS</b>
<b>5</b> <b>OPEN DISCUSSIONS</b>	<b>6</b> <b>ALZHEIMER'S SUPPORT</b>	<b>7</b>	<b>8</b>	<b>9</b> <b>ICELAND PREVIEW</b> <b>COSTA RICA PREVIEW</b>
<b>12</b>	<b>13</b>	<b>14</b> <b>BIRD FEEDER CRAFT</b>	<b>15</b>	<b>16</b> <b>CHICAGO TRIVIA</b>
<b>19</b> <b>DONUTS WITH DIRECTOR</b>	<b>20</b> <b>CARD MAKING</b> <b>DIFFERENCES / GENERATIONS</b>	<b>21</b> <b>REEL TALK</b>	<b>22</b> <b>FLOWER FOWER</b> <b>SIP N'SWIRL</b>	<b>23</b>
<b>26</b>	<b>27</b>	<b>28</b> <b>REEL TALK</b>	<b>29</b> <b>IRELAND PREVIEW</b> <b>DANUBE PREVIEW</b>	<b>30</b> <b>SPRING WINE &amp; CHARCUTERIE</b>

## April 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

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

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

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

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