



# Ela Township 55+

May & June 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

### Zoom Wine Tastings



#### Wine & Spring Charcuterie

Friday, May 14  
6:00 – 7:00pm

Drink in the fresh tastes of Spring with an array of wines and a seasonal charcuterie tray.

#### A Rosé by Any Other Name

Friday, June 18  
6:00 – 7:00pm



Warm weather and sunshine are all about the blush wine. Wine producers have quite a variety to explore.

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

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

### Parking Lot Concerts

**Steven Justman**  
Friday, May 21  
6:00 – 7:00pm

**Jimmy Buffet (Mike Knauf)**  
Friday, June 11  
6:00 – 7:00pm

Bring your own chairs 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.*

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

**Fee: \$10 Resident/  
\$15 Non – Resident**

**Fee is per person and  
per concert.**



- *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*

# 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

Call us to schedule your telephone, zoom or in person appointment.

**If you are interested in being a SHIP Volunteer, Contact us! Trainings in May and August.**

As always, SHIP counseling is FREE!

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

## Ela Township Lending Closet

Here's just a snippet of what we have:

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



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

### Donuts with the Director

**Monday, June 7, 10:30—11:15am**



Join for 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.**

# LONG DISTANCE TRAVEL

## Best of Ireland

September 20—October 2, 2021

14 Days/17 Meals: 12 Breakfasts • 5 Dinners

*For more information or to ask any questions please contact Susan Dillon.*

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

- Highlights...**
- Traditional Irish Dinner
  - Tours of Dublin & Belfast
  - Walking Tour of Kilkenny
  - Walking Tour of Derry
  - Tour of Galway
  - Blarney Castle, Waterford
  - Riverboat in Killarney
  - Ring of Kerry
  - Cliffs of Moher
  - Giant's Causeway
  - Inishowen Peninsula



## Iceland's Magical Northern Lights Discovery

October 31 - November 6, 2021

7 Days/10 Meals: 5 Breakfasts • 5 Dinners

*For more information or to ask any questions please contact Susan Dillon.*

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

- Highlights...**
- Reykjavík
  - Northern Lights Cruise
  - Golden Circle
  - Thingvellir National Park
  - Gullfoss Waterfall
  - Lava Exhibition Center
  - Vik
  - Skógar Museum
  - Jökulsárlón Glacial Lagoon
  - Skaftafell National Park
  - Blue Lagoon



## Tropical Costa Rica

January 28—February 6, 2022

10 Days/14 Meals: 8 Breakfasts • 6 Dinners

*For more information or to ask any questions please contact Susan Dillon.*

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

- 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

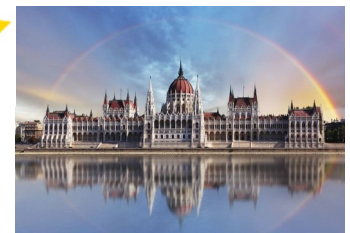
11 Days

22 Meals: 9 Breakfasts • 6 Lunches • 7 Dinners

*For more information or to ask any questions please contact Susan Dillon.*

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. 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+.*



## Summertime Mini-Mystery Tour

July 11—July 15, 2022

5 Days

Single \$2198; Double \$1898; Per Person

*For more information or to ask any questions please contact Susan Dillon.*

Get ready for the most creative, fun trip ever - *the Summertime Mini-Mystery Tour* - where you won't know where you will be going from one event to another. Not only will you be visiting interesting places, but you'll be doing so amidst a special theme complete with witty clues, giveaways, games, costumed tour directors, unique entertainment and festive activities. This tour is of the first class quality you've come to expect from and trust in American Classic Tours, Inc. Excellent dining, deluxe hotel accommodations, fascinating attractions, fine services of a professional American Classic Tour Director, and all the added themed mystery extras make this tour a great value.



**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	YOGA 5:30—6:15pm	

**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

## MACHO MAN

**WEDNESDAYS, 1:00 — 1:45pm**

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

## 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

## YOGA

**WEDNESDAYS, 9:00 — 9:45am**

**THURSDAYS, 5:30 — 6:15pm**

FLEXIBILITY

- CORE STRENGTH
- LOWER BLOOD PRESSURE

## RESTORATIVE YOGA

**FRIDAYS, 9:00 — 9:45am**

IMPROVE FOCUS, FLEXIBILITY & IMMUNITY

- LOWER BLOOD PRESSURE
- REDUCE STRESS

## MIXED PROGRAMMING

### 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!

Registration required.



### Bingo

**Thursdays, Noon — 1:00pm**

**Ela Township Community Center**

**NO Charge**

**REGISTRATION REQUIRED**



### First Fridays Club

**Friday May 7 & June 4**

**May 7, 6:00pm**— On the Patio at the Community Center

**June 4, 1:00pm**—Breezewald Park in Lake Zurich

The weather is getting better, let's enjoy it together!

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

**No Charge**

**Registration is required**

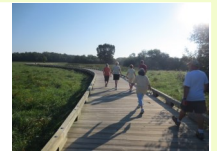
### A Walk In The Park

**Cuba Marsh,**

**Tuesdays & Thursdays, 8:00 — 9:00am**

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). We leave promptly at 8:00am and will walk for about 60 minutes (depending on weather and conditions of the path).

**Registration is required.**



**No Fee**

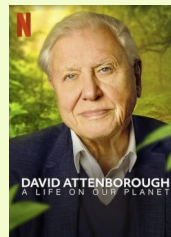


### Reel Talk: Supersize Me 2

**Wednesday, May 19, 12:00 — 2:00pm**

Filmmaker Morgan Spurlock opens his own chicken restaurant to explore industry claims that fast food is now healthier and more natural and organic. He quickly learns that unfortunately, not much has changed.

**Fee: \$3 Class limited to 15**



### Reel Talk: A Life On Our Planet

**Wednesday, June 9, 12:00 — 2:00pm**

David Attenborough has visited every continent on the globe, exploring the wild places of our planet. He reflects upon both the defining moments of his lifetime as a naturalist and the devastating changes he has seen. **Fee: \$3 Class limited to 15**

# MIXED PROGRAMMING

## Hand Stamped Tea Towels

Wednesday, May 12  
2:30 – 3:30pm

DIY Tea towels to match your kitchen colors or make them as a gift. Simple patterns, intricate designs; the sky is the limit. Each participant will go home with two tea towels.



## Daisy Burlap Wreath

Wednesday, June 23  
2:30 – 3:30pm

Create a bright addition to your summer décor with this daisy wreath. Simple step by step instructions will make this easy to create.



Fee: \$15 Resident/\$20 Non—Resident

Fee: \$25 Resident/\$30 Non—Resident

## Flower Power

*Easy Herb Bowl*  
Wednesday, May 19  
10:30 - 11:30am

Continue the fun in the dirt. Bring gloves and trowel.

Fee: \$20 Resident/\$25 Non—Resident



*Summer Container*  
Wednesday, June 16  
10:30 - 11:30am

Brighten your deck or patio. Bring gloves and trowel.

Fee: \$30 Resident/\$35 Non—Resident



## Zoom: Open Discussions

Monday, May 10 & June 14  
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.

No Fee

Registration is required.

Be brave enough to start a conversation that matters.

## Brain Tricks

Tuesday, May 25, 1:00 – 2:00pm

Our brains are amazing super computers that can do incredible things, but are also surprisingly easy to trick. Join Jim to learn how our brain tricks us and how we can trick it right back. Fee: \$3 Registration is required

## Stories You THINK You Know

Tuesday, June 22, 1:00 – 2:00pm

What we hear in the media is very rarely the whole story. Jim will cover some popular news stories and events from the last several years and reveal the TRUE story of what REALLY happened. Fee: \$3 Registration is required

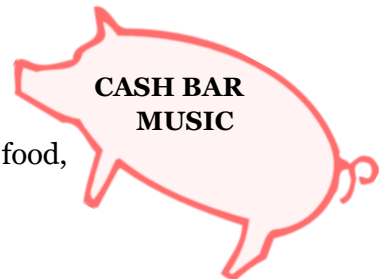
## Friday Fun Night Block Party!

Friday, June 25  
6:00 – 8:00pm

Join us in the parking lot for this fun night of food, friends and merriment!

Fee: \$20 Resident/\$27 Non—Resident

Registration required at least 1 week advance



## Eating & Traveling Through Ireland

Thursday, May 20  
6:00 – 7:30pm

Join us for this virtual tour of Ireland. Pick up your box of Irish goodies at 2:00pm, then at 6:00pm hop on zoom to join us as we eat and drink our way through Ireland.

Fee: \$15 Resident/\$20 Non—Resident  
Registration required at least 1 week advance

## What COVID Did To Our Diet!

Tuesday, June 8  
12:00 – 1:00pm

Join Laura Burk, Registered Dietitian, to learn how food trends have changed due to COVID. Not only did toilet paper fly off the shelf, so did alcohol, sugary drinks, frozen pizza, and ice cream. Discover what other food trends and food behaviors were flipped upside down by the pandemic.

Fee: \$5 Resident/\$10 Non—Resident  
Registration required at least 1 week advance

# SERVICES



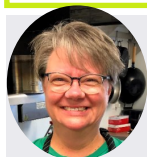
## Tech Help with Jim & Joe 1:00–3:00pm

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!



## 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, 5/3** Creamy Chicken & Bacon Pasta, Salad

**Tue, 5/4** Chinese Pepper Steak, Stir Fry Veggies

**Wed, 5/5** Chicken Enchiladas, Charro Beans

**Thu, 5/6** Smoked Sausage & Pierogi, Veggies

**Fri, 5/7** Salad Trio, Fresh Croissant, Fruit

**Mon, 5/10** Shrimp Scampi, Green Salad

**Tue, 5/11** Chicken Teriyaki, Broccoli

**Wed, 5/12** Lemon Vegetable Pasta w/Chicken, Salad

**Thu, 5/13** Spring Quiche, Fresh Fruit

**Fri, 5/14** Greek Chicken Thighs, Greek Salad

**Mon, 5/17** Spinach-Feta Chicken Pasta, Salad

**Tue, 5/18** Jambalaya w/Sausage & Chicken, Succotash

**Wed, 5/19** Grilled Cheeseburger, Veggie Salad

**Thu, 5/20** Lemon Shrimp Pasta, Salad

**Fri, 5/21** Ham & Scalloped Potato Casserole, Veggies

**Mon, 5/24** Baked Chicken w/Creamy Mushrooms & Rice

**Tue, 5/25** Stuffed Peppers, Salad

**Wed, 5/26** Ranch Chicken & Bacon Pasta Salad, Croissant

**Thu, 5/27** Pulled Pork BBQ, Cole Slaw, Fresh Corn

**Fri, 5/28** Tarragon Chicken w/ Vegetable, Lemon & Leeks

**Tue, 6/1** Italian Sausage & Pepper Skillet, Salad

**Wed, 6/2** Grilled Pork Loin, Baked Beans

**Thu, 6/3** Slow Cooked Bourbon Chicken, Veggies

**Fri, 6/4** Beef Quesadillas, Mexican Corn

**Mon, 6/7** Grilled Shrimp w/Black Beans & Rice, Mango Salsa

**Tue, 6/8** Teriyaki Pork over Rice, Stir Fry Veggies

**Wed, 6/9** Cobb Salad, Focaccia

**Thu, 6/10** Grilled Cheeseburger, Macaroni Salad

**Fri, 6/11** Apricot Chicken, French Carrot Salad

**Mon, 6/14** Grilled Chicken Pesto Sandwich, Pasta Salad

**Tue, 6/15** Sausage & Creamy Mozzarella Penne Bake, Salad

**Wed, 6/16** Turkey Meatloaf, Spring Veggies

**Thu, 6/17** Tomato Basil Chicken over Herbed Grains, Veggies

**Fri, 6/18** Pork Fried Rice, Stir Fry Veggies

**Mon, 6/21** Greek Turkey Burger, Cucumber Salad

**Tue, 6/22** Southwest Pulled Pork, Corn Salad, Rolls

**Wed, 6/23** Beer Brats, Potato Salad

**Thu, 6/24** Chicken Florentine Pasta, Green Salad

**Fri, 6/25** Turkey Club Sandwich, Orzo Salad

**Mon, 6/28** Pesto Spaghetti with Zucchini, Salad

**Tue, 6/29** Beef Taco, Rice & Beans

**Wed, 6/30** Italian Chopped Salad w/ Tortellini, Garlic Toast

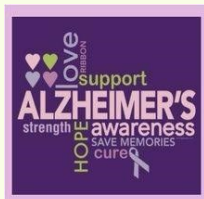


## Zoom Alzheimer's Caregivers Support Group

Presented by Alzheimer's Association

**Tuesday, May 4 & June 1**  
**7:00 – 8:00pm**

**NO CHARGE Registration Required**



## Zoom Cancer Support Group

Presented by Mary Sue Fidale, RNC, MA, LCPC

**Monday, May 3 & Tuesday, June 1**  
**12:00 – 1:30pm**

**NO CHARGE**



# REGISTRATION

## May 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 (\_\_\_\_\_)

## June 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 (\_\_\_\_\_)

PROGRAMS IN BLACK ARE VIRTUAL		MAY 2021			PROGRAMS IN RED ARE IN-PERSON	
3 CANCER SUPPORT	4 ALZHEIMER'S SUPPORT	5	6 BINGO	7 FIRST FRIDAYS		
10 OPEN DISCUSSIONS	11	12 TEA TOWELS	13 BINGO	14 WINE & SPRING CHARCUTERIE		
17	18	19 REEL TALK FLOWER POWER	20 EATING THROUGH IRELAND BINGO	21 STEVE JUSTMAN CONCERT		
24	25 BRAIN TRICKS	26	27 BINGO	28		
31 MEMORIAL DAY CENTER IS CLOSED						

PROGRAMS IN BLACK ARE VIRTUAL		JUNE 2021			PROGRAMS IN RED ARE IN-PERSON	
	1 ALZHEIMER'S/ CANCER SUPPORT	2	3 BINGO	4 FIRST FRIDAYS		
7 DONUTS WITH DIRECTOR	8 WHAT COVID DID TO OUR DIET	9 REEL TALK	10 BINGO	11 JIMMY BUFFET CONCERT		
14 OPEN DISCUSSIONS	15	16 FLOWER POWER	17 BINGO	18 ROSÉ WINE TASTING		
21	22 STORIES YOU THINK YOU KNOW	23 DAISY BURLAP WREATH	24 BINGO	25 BLOCK PARTY!		
28	29	30				