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.

Parking Lot Concerts

Steven Justman
Friday, May 21
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.

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

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  
- Golden Circle  
- Thrihnukagigur Volcano  
- Thingvellir National Park  
- Gullfoss Waterfall  
- Lava Exhibition Center  
- Vik  
- Skógafoss  
- Jökulsárlón Glacial Lagoon  
- Skafafell 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  
- 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

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/divorces/widows and widowers; this is for you!

No Charge  Registration is required

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

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

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.

CARDIO STRENGTH
TUESDAYS, 9:00 – 9:45am
- SEATED AND/OR STANDING
- STRENGTH WITH SPURTS OF CARDIO

YOGA
THURSDAYS, 5:30 – 6:15pm
- CORE STRENGTH
- LOWER BLOOD PRESSURE

No Charge  Registration required

Bingo
Thursdays, Noon – 1:00pm
Ela Township Community Center
NO Charge
REGISTRATION REQUIRED

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

Class 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

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

RESTORATIVE YOGA
FRIDAYS, 9:00 – 9:45am
IMPROVE FOCUS, FLEXIBILITY & IMMUNITY
- LOWER BLOOD PRESSURE
- REDUCE STRESS

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.
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.  
Fee: $15 Resident/$20 Non—Resident

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: $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

**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 back.  
Fee: $3 Registration is required

**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.

**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

**CONTACT**

**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______________________________

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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!)______________________________________________________________

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<tbody>
<tr>
<td>3</td>
<td>CANCER SUPPORT</td>
</tr>
<tr>
<td>4</td>
<td>ALZHEIMER’S SUPPORT</td>
</tr>
<tr>
<td>5</td>
<td>BINGO</td>
</tr>
<tr>
<td>6</td>
<td>First Fridays</td>
</tr>
<tr>
<td>10</td>
<td>OPEN DISCUSSIONS</td>
</tr>
<tr>
<td>11</td>
<td>TEA TOWELS</td>
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<tr>
<td>12</td>
<td>BINGO</td>
</tr>
<tr>
<td>14</td>
<td>WINE &amp; SPRING CHARCUTERIE</td>
</tr>
<tr>
<td>17</td>
<td>REEL TALK</td>
</tr>
<tr>
<td>18</td>
<td>FLOWER POWER</td>
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<tr>
<td>20</td>
<td>EATING THROUGH IRELAND BINGO</td>
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<tr>
<td>21</td>
<td>STEVE JUSTMAN CONCERT</td>
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<td>24</td>
<td>BRAIN TRICKS</td>
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<td>25</td>
<td>BINGO</td>
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<td>31</td>
<td>MEMORIAL DAY CENTER IS CLOSED</td>
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**MAY 2021**

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<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tr>
<td>1</td>
<td>ALZHEIMER’S/ CANCER SUPPORT</td>
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<td>2</td>
<td>BINGO</td>
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<td>3</td>
<td>FIRST FRIDAYS</td>
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<td>7</td>
<td>DONUTS WITH DIRECTOR</td>
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<td>8</td>
<td>WHAT COVID DID TO OUR DIET</td>
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<td>9</td>
<td>REEL TALK</td>
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<td>JIMMY BUFFET CONCERT</td>
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<td>BINGO</td>
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<td>17</td>
<td>ROSÉ WINE TASTING</td>
</tr>
<tr>
<td>21</td>
<td>STORIES YOU THINK YOU KNOW</td>
</tr>
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<td>22</td>
<td>DAISY BURLAP WREATH</td>
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<td>23</td>
<td>BINGO</td>
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<td>BLOCK PARTY!</td>
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