



Ela Township 55+

July & August 2021



Ela Community Center 380 Surryse Road, Lake Zurich 60047
Susan Dillon, Community Programs Director
847-438-9160 elatownship.org/seniors  at Ela Township 55+

Cocktails and Comedy

Tyler Fowler
Friday, July 16
7:00 – 8:00pm

Join us for our FIRST IN-PERSON, INDOOR EVENT in over a year! Tyler's witty and clean brand of stand up comedy has made him a favorite around Chicago and across the US.



Light snacks and Adult beverages will be available for purchase.

Sign up at least one week prior
Fee: \$10 Resident/ \$15 Non – Resident

Lunch & Learns with Jim

Have a delicious homemade lunch and be entertained and enlightened.
Fee per session: \$10 Resident/\$15 Non-Resident
Participants must register one week prior

Grandparenting in a Modern World
Tuesday, July 20
11:30am – 1:00pm

Learn the psychology of how children treat older adults, how older adults treat children, navigating technology, and hopefully provide support for what is the most important role you could have:
BEING A GRANDPARENT!

Are Aliens Out There?
Tuesday, August 17
11:30am – 1:00pm

UFOs are having a renaissance. With the government disclosing several new pieces of information (and several old), is it time to admit there are aliens out there? We'll discuss what proof exists, and why we want to believe in Aliens and UFOs.

Center Hours: CLOSED JULY 5
Monday–Friday 8:30am – 5:00pm

Fully Vaccinated = No Mask Necessary
Not Vaccinated = Mask 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.

MEET THE STAFF



Susan Dillon
Community Programs
Director



Jim Dalbec
Assistant Community
Programs Director



Lisa Gaggiano
Resource Specialist



Laura Kulawik



Lynn Neumaier

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 Lending Closet

Here's just a snippet of what we have:



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

Ela Township Community Center Needs You!

- **Kitchen Aide:** Plating, serving and cleaning dishes
- **Reception Desk**
- **Adopt-A-Highway** Sunday, September 19, 2021
- **Card Making Program**
- **Community Center Garden Help**
- **Newsletter Assembly**
- **Curbside Lunch Pick Up**
- **And More!**



Please Sign up on the registration form

Contact Laura Kulawik at 847-438-9160, laurak@elatownship.org

MENS PROGRAMS

Men of Genius
Fridays
9:00 — 10:00am

Enjoy coffee and light snacks as you and fellow “genius” gentlemen chat about whatever comes up. From health and wellness to sports; music to war; weather to women.

Registration is required. No Charge

Baggio
Fridays

10:00 — 11:00am

Immediately following, “Men of Genius,” come play some Baggio on our Patio. We have the boxes and bags, all you need to bring is your aim!

Registration is required. No Charge

SERVICES

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

One to One Help

There are so many things to think about as we age, each who, where, what, when and why questions can be overwhelming. Advanced planning is key to so many of these questions and it will help ease your mind.



Tools we will help you complete:

- 5 Wishes
- Comprehensive Decision Guide
- Pre Estate Planning Questionnaire
- Assistance with Housing Options

Death Café

Friday, August 20, 12:30 – 2:00pm

For most of us, death is a taboo and uncomfortable subject. All are invited to engage in what will hopefully be an enjoyable and connected experience in considering what it means to be mortal. Join us for a thoughtful discussion about the end of life and share your experiences, thoughts, and fears about death in a relaxed setting.

No Charge Registration Required



Alzheimer's Caregivers Support Group

Presented by Alzheimer's Association

Tuesday, July 6 & August 3

7:00–8:00pm

NO CHARGE Registration Required



Parkinson's Support Group

Presented by Parkinson's Foundation

Wednesday, July 14 & August 11

7:00–8:00pm

NO CHARGE Registration Required



Tech Help with Jim

Make an appointment with Jim to help you with everything from Apple to Zoom!

Help is limited to portable devices.

Registration is required



CONTACT-FREE CURBSIDE LUNCH PICK-UP

Enjoy delicious home-made lunches:

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, 7/1** Zucchini Lasagna, Fresh Salad
- Fri, 7/2** Chicken Drumsticks, Sesame Slaw
- Mon, 7/5** **CLOSED FOR INDEPENDENCE DAY**
- Tue, 7/6** Summer Kabobs, Grilled Corn
- Wed, 7/7** Meatball Sandwich, Pasta Salad
- Thu, 7/8** Orange Ginger Salmon over Rice, Salad
- Fri, 7/9** Chicken Enchilada Casserole, Rice & Beans
- Mon, 7/12** Sloppy Joe's, Macaroni Salad
- Tue, 7/13** Hawaiian Pulled Pork, Citrus Slaw
- Wed, 7/14** Baked Ziti with Summer Veggies, Salad
- Thu, 7/15** Turkey Burger, Orzo Garden Salad
- Fri, 7/16** Chicken, Grape & Broccoli Pasta Salad, Fruit
- Mon, 7/19** Beer Brats, Baked Beans
- Tue, 7/20** Grilled Cheeseburger, Potato Salad
- Wed, 7/21** King Ranch Chicken, Veggies
- Thu, 7/22** Shrimp Fried Rice, Sesame Broccoli
- Fri, 7/23** Zucchini, Corn & Squash Casserole, Salad
- Mon, 7/26** Italian Beef Sandwich, Pasta Salad
- Tue, 7/27** Chicken and Basil Panini, Summer Rice Salad
- Wed, 7/28** Salad Trio: Tuna, Chicken, Egg; Corn Bread
- Thu, 7/29** Peach & Pork Kabobs, Confetti Rice
- Fri, 7/30** Greek Chicken, Greek Salad
- Mon, 8/2** Pork Tacos, Rice and Beans, Salsa
- Tue, 8/3** Adobo Grilled Chicken, Pineapple Slaw
- Wed, 8/4** Sweet Pepper Pasta with Sausage, Salad
- Thu, 8/5** Italian Meatballs, Garlic Bread, Roasted Zucchini
- Fri, 8/6** Creamy Chicken Quinoa, Broccoli Casserole
- Mon, 8/9** Salmon Burgers w/Dill Sauce, Cucumber Salad
- Tue, 8/10** Mexican Chicken Quinoa Casserole, Street Corn
- Wed, 8/11** Sausage & Cheese Baked Rigatoni, Salad
- Thu, 8/12** Pork & Veggie Kabob, Wild Rice Salad
- Fri, 8/13** Chicken Drumsticks, Orzo Salad
- Mon, 8/16** Carolina Chicken Burger with Ancho Slaw
- Tue, 8/17** Sundried Tomato Pasta Salad, Veggies
- Wed, 8/18** Korean Beef Tacos, Cucumber Salad
- Thu, 8/19** Pomegranate Chicken, Roasted Carrots
- Fri, 8/20** Baked Lasagna, Caesar Salad
- Mon, 8/23** Kielbasa & Pierogis, Roasted Veggies
- Tue, 8/24** Baked Enchiladas, Black Beans and Corn
- Wed, 8/25** Ham & Scalloped Potato Casserole, Veggies
- Thu, 8/26** Tuscan Chicken Salad, Fresh Fruit, Croissant
- Fri, 8/27** Swedish Meatballs with Egg Noodles, Spinach Salad
- Mon, 8/30** Turkey Tetrazzini, Roasted Broccoli
- Tue, 8/31** Beef Sliders w/Pickled Peppers, Macaroni Salad

LONG DISTANCE TRAVEL

Best of Ireland: Ireland In It's Whole, North & South

September 20—October 2, 2021

14 Days/17 Meals: 12 Breakfasts • 5 Dinners

Double Occupancy \$5,199 Per Person

AIRFARE INCLUDE

SPECIAL PREVIEW/INFORMATION MEETING ON WEDNESDAY, JULY 28 AT 2:00PM

Highlights...

- 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
- Jaunting Cart Ride



LONG DISTANCE TRAVEL

Iceland's Magical Northern Lights Discovery

October 30 - November 6, 2021 Single \$3,899; Double \$3,499; Per Person
7 Days/10 Meals: 5 Breakfasts • 5 Dinners

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

Highlights...

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



Tropical Costa Rica

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

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.

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

Free Airfare if booked by June 30 Pricing starts at only \$4,649

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.

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+.



Discover Door County, Cape Cod of the Midwest

August 21—August 25, 2022 5 Days

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

- Washington Is. Ferry
- Peninsula State Park
- School House Beach
- Lavender Farm
- Winery Tour
- Fish Boil
- Boat Tour
- Seaquist Orchard Tour
- Supper Club Dinner



Spotlight on the French Riviera Double \$4,448 Per Person

September 17—September 25, 2022 9 Days/11 Meals

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

- Nice
- Food Tour & Tasting
- Monaco
- Monte Carlo
- Èze
- Cannes
- Saint-Honorat Island & Lérins Abbey
- Grasse
- Saint-Jean-Cap-Ferrat
- Nice Flower Market
- St. Paul de Vence



MIXED PROGRAMMING

First Fridays Club Fridays: July 2 & August 6



July 2, 9:00am First Watch for Breakfast in Kildeer
August 6, 6:00pm Movie Night at Community Center

Time to get back to socializing! Let's meet up and continue to build these friendships. Calling all of our single folks! Single/divorcees/widows and widowers; this is for you!

No Charge **Registration is required**

Open Discussions Monday, July 12 and August 9 1:00 – 2:00pm

July– Life on Parole
August– Sex Trafficking in America

Be brave enough to start a conversation that matters.

Join Jim each month as we watch a brief documentary prior to meeting, and then discuss each topic every month. We will cover a WIDE variety of topics from Mental Health to Racism to Pollution.

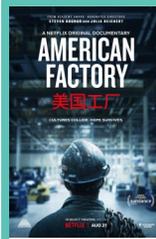
No Fee **Registration is required.**



Reel Talk: Tell Me Who I Am

Wednesday, July 14, 12:00 – 2:00pm
After losing his memory in an accident, Alex Lewis trusts his twin brother, Marcus, to tell him about his past only to discover that he's hiding a dark secret about their childhood.

Fee: \$3 Resident/\$5 Non-Resident



Reel Talk: American Factory

Wednesday, August 25, 12:00 – 2:00pm
In post-industrial Ohio, a Chinese billionaire opens a factory in an abandoned General Motors plant, hiring two thousand Americans. Hope and optimism give way to setbacks as high-tech China clashes with working-class America.

Fee: \$3 Resident/\$5 Non-Resident

Watermelon Lazy Susan

**Thursday, July 15
3:00 – 4:00pm**

Summer is here and you can show off your talents with your own DIY lazy susan! Simple step by step instructions will make this easy to create.

Fee: \$25 Resident/\$30 Non-Resident



Easy Lemon Slice Coasters

**Thursday, August 19
3:00 – 4:00pm**

Create coasters that are perfect for a BBQ or just brighten up your home. Each participant will go home with a set of four.

Fee: \$15 Resident/\$20 Non-Resident



Donuts with the Director

Thursday, August 12 10:00–11:00am

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.**



Art Club

**Tuesdays
10:00 – 11:15am**

Feeling creative? Come join our Art Group. We meet weekly, no experience necessary. Painting and drawing, water-colors, acrylics, pastels, colored pencil, charcoal, and more. Sandra Peek is our resident artist and Jerry Gagnon is our resource man. We have supplies on hand to get you going. If you are looking for people who happily share talents, to teach or learn, come join us. **No Fee**

Senior Book Discussion

Join us at the Ela Area Library for a lively discussion on the latest and classic reads. Held in Meeting Room A. Books will only be distributed to patrons that register for the Senior Book Group.

Afterlife
By: Julia Alvarez
Monday, July 26
10:00 – 11:30 am

Redhead by the Side of the Road
By: Anne Tyler
Monday, August 23
10:00 – 11:30 am



MIXED PROGRAMMING

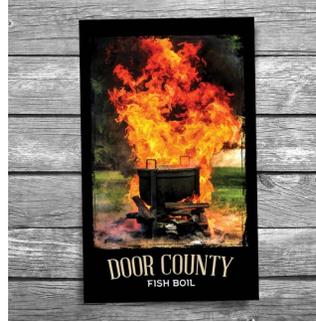
FRIDAY FUN



**Friday Fun Night:
Christmas in July**
Friday, July 30
6:00 – 8:00pm

**Dinner
Live Steel Drums
Cash Bar**

**Sign up at least one week in advance.
Fee: \$15 Resident/\$20 Non – Resident**



**Friday Fun Night:
8th Annual Door County
Fish Boil**
Friday, August 13
6:00 – 8:00pm

**Fish Boil
Big Fun
Cash Bar**

**Sign up at least one week in advance.
Fee: \$25 Resident/ \$30 Non – Resident**



**Zoom Wine Tasting:
Tropical Wine Pairings**
Friday, July 9
6:00 – 7:00pm

Jerk popcorn, coconut cornbread, summer fruits...what kind of wine will we pair?

**Sign up at least one week in advance.
Fee: \$15 Resident/ \$20 Non – Resident**

**Zoom Wine Tasting:
Summer Reds**
Friday, August 20
6:00 – 7:00pm



Red wine is not just for the cold weather! Join us for our favorite summer reds.

**Sign up at least one week in advance.
Fee: \$15 Resident/ \$20 Non – Resident**



Travel Preview Night
Thursday, July 8
7:00 – 8:00pm

See all of the awesome places Ela 55+ will be traveling in 2021 and 2022!

Get a little taste of cuisines & cocktails of all our destinations!

**You must be signed up at least one week in advance.
No Charge**



The Road to Happiness
Wednesdays: 12:00 – 1:00pm

Meeting Dates

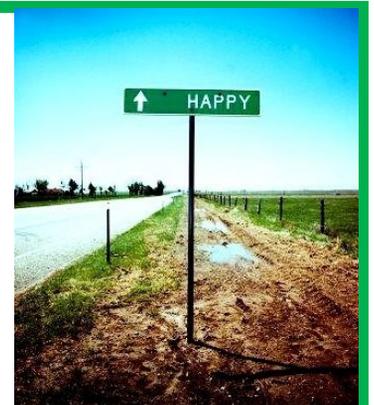
July 7: Week #1
July 14: Week #2
July 21: Week #3
July 28: Week #4

August 4: Week #5
August 11: Week #6
August 18: Week #7
August 25: Week #8

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 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.

Fee For Entire Course: \$10 Resident/\$ 20 Non—Resident

Participants are encouraged to attend all sessions. Registration is Required. No Pro-Rating



HEALTH AND WELLNESS

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
MORNING MOVERS 9:00—9:45am NO CHARGE	CARDIO STRENGTH 9:00—9:45am	MORNING MOVERS 9:00—9:45am NO CHARGE MACHO MAN 1:00—1:45am	INTERVAL TRAINING 9:00—9:45am	MORNING MOVERS 9:00—9:45am NO CHARGE RESTORATIVE YOGA 10:00—10:45am

ALL EXISTING PUNCH CARDS WILL BE REACTIVATED AND ELIGIBLE FOR USE STARTING JULY 1.

NEW EXERCISE PUNCH CARDS : 10 Punches \$30/\$40 Each

MORNING MOVERS: NO CHARGE

MONDAYS, WEDNESDAYS, FRIDAYS

9:00 — 9:45am

- SEATED AND/OR STANDING
- INCREASE MOBILITY & FLEXIBILITY & STRENGTH

MACHO MAN: PUNCH CARD

WEDNESDAYS, 1:00 — 1:45pm

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

RESTORATIVE YOGA: PUNCH CARD

FRIDAYS, 10:00 — 10:45am

IMPROVE FOCUS, FLEXIBILITY & IMMUNITY

- LOWER BLOOD PRESSURE
- REDUCE STRESS

CARDIO STRENGTH: PUNCH CARD

TUESDAYS, 9:00 — 9:45am

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

INTERVAL TRAINING: PUNCH CARD

THURSDAYS, 9:00 — 9:45am

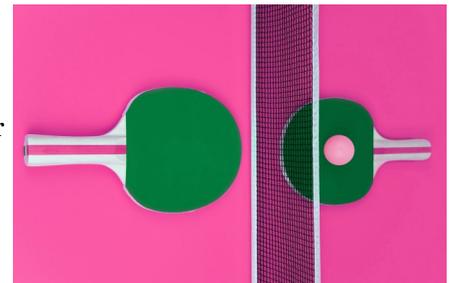
- STATIONS OF CORE STRENGTH, BALANCE, AND COORDINATION
- HIGH/LOW HEART RATE BODY MOVEMENTS

Open Ping Pong

Fridays, 1:00 — 2:00pm

Rain on the tennis court? No problem. Bring your racquet skills and hone in on your hand-eye coordination with the quick paced game of Ping Pong.

GYM SHOES REQUIRED No Fee.



CARDS & BINGO

Bridge: Tuesdays, 12:00pm — 3:00pm

People of all skill levels are encouraged to come to this fun filled activity. You need to register for this activity.

Canasta: Mondays, 9:00 — 10:30am

Experienced or never played before, join us for the fun and challenging game of Canasta.

Bingo: Thursdays, Noon— 1:30pm

All Bingo participants take turns being the caller. A sign up calendar is available during Bingo.

Pinochle: Tuesdays, 10:00 — 11:30am

Even if you never played cards before, don't worry. You will be taught the necessary skills and correct terminology.

Poker: Tuesdays, 9:00am —11:00am

Long time player or just starting, there is a place for you at our table!

Participants must register for ALL games.

REGISTRATION

July 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 (_____)

August 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 (_____)

**PROGRAMS IN RED
ARE VIRTUAL**

JULY 2021

**PROGRAMS IN BLACK
ARE IN-PERSON**

			1	2 FIRST FRIDAYS
5 CLOSED INDEPENDENCE DAY (OBSERVED)	6 ALZHEIMER'S/ PARKINSON'S SUPPORT	7 HAPPINESS	8 TRAVEL PREVIEW NIGHT	9 TROPICAL WINE TASTING
12 OPEN DISCUSSIONS	13	14 REEL TALK HAPPINESS	15 WATERMELON LAZY SUSAN	16 COCKTAILS & COMEDY
19	20 GRANDPARENTING IN A MODERN WORLD	21 HAPPINESS	22	23
26 SENIOR BOOK DISCUSSION	27	28 HAPPINESS IRELAND INFO NIGHT	29	30 CHRISTMAS IN JULY

**PROGRAMS IN RED
ARE VIRTUAL**

AUGUST 2021

**PROGRAMS IN BLACK
ARE IN-PERSON**

2	3 ALZHEIMER'S/ PARKINSON'S SUPPORT	4 HAPPINESS	5	6 FIRST FRIDAYS
9 OPEN DISCUSSIONS	10	11 HAPPINESS	12 DONUTS WITH DIRECTOR	13 FISH BOIL
16	17 ARE ALIENS OUT THERE?	18 HAPPINESS	19 LEMON SLICE COASTERS	20 DEATH CAFÉ SUMMER RED WINE TASTING
23 SENIOR BOOK DISCUSSION	24	25 REEL TALK HAPPINESS	26	27
30	31			