



Ela Township 55+

September 2021

Let's Celebrate Senior Centers!

National Senior Center Month



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

EVENTS

Oktoberfest

Friday, September 17
6:00 – 8:00pm



Prost! Join us outside for this traditional fall harvest festival. Dinner, Music, Beer...who needs more than that? Beer brats, sauerkraut, potato pancakes & applesauce...and of course, German chocolate cake!

Sign up at least one week prior

Fee: \$20 Resident/\$25 Non – Resident

Lunch & Learn with Jim

Have a delicious homemade lunch and be entertained and enlightened.

The History of Late Night TV
Tuesday, September 21
11:30am – 1:00pm

For about 7 decades, late-night TV has been comfort food for many Americans. Steve Allen, Jack Paar, Johnny Carson, David Letterman, and Jimmy Fallon. A lot has changed and a lot has stayed the same. We'll discuss the origins of Late Night, examine how COVID changed things and discover why this fixture in television refuses to go away. See calendar for menu.

Fee: \$10 Resident/\$15 Non—Resident
Participants must register one week prior

Center Hours: CLOSED September 6
Monday—Friday 8:30am – 5:00pm

Fully Vaccinated = Mask Required
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)
- 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

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

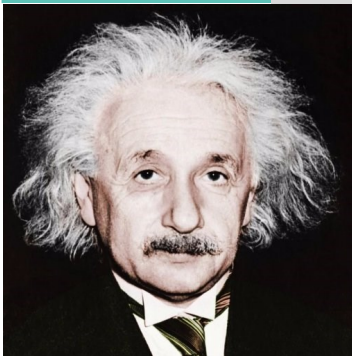
Contact Laura Kulawik at 847-438-9160, laurak@elatownship.org

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



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.

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, September 17, 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, September 7

7:00–8:00pm

NO CHARGE Registration Required



Parkinson's Support Group

Presented by Parkinson's Foundation

Wednesday, September 8

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



Ela Eatery: Curbside Pick-Up



Delicious home-made lunches: *September lunches are curbside.*

Call or email us at 847-438-9160/Susand@elatownship.org by **Thursday at 5:00pm** to order for the following week. All lunches are \$5.00 and are picked up curbside at 11:30am. Please have exact change or checks ready.

All lunches have **DESSERT.**

Wed, 9/1 BBQ Chicken Thighs, Macaroni Salad

Thu, 9/2 Glazed Ham, Salad, Veggies

Fri, 9/3 Beer Brats, German Potato Salad

Mon, 9/6 **CLOSED FOR LABOR DAY**

Tue, 9/7 Italian Sub Sandwich, Pasta Salad

Wed, 9/8 Orange Ginger Salmon over Rice, Salad

Thu, 9/9 Beef Enchiladas, Fiesta Corn

Fri, 9/10 Chicken and Basil Panini, Orzo Salad

Mon, 9/13 Sloppy Joe's, Sweet Potato Fries

Tue, 9/14 BBQ Pulled Pork, Baked Beans

Wed, 9/15 Chicken Fajitas, Refried Beans

Thu, 9/16 Cobb Salad, Focaccia

Fri, 9/17 Baked Mostaccioli, Green Salad

Mon, 9/20 Italian Beef, Pasta Salad

Tue, 9/21 Lasagna, Garlic Bread, Caesar Salad

Wed, 9/22 Club Sandwich, Salad

Thu, 9/23 Fish Tacos, Mango Salsa & Chips

Fri, 9/24 Grilled Pork Loin, Scalloped Potatoes

Mon, 9/27 Ravioli w/ Sauce, Green Salad

Tue, 9/28 Ham, Asparagus & Potato Skillet, Salad

Wed, 9/29 Reuben Sandwich, Pickles & Chips

Thu, 9/30 Italian Chopped Salad, Garlic Bread



LONG DISTANCE TRAVEL

Sedona's Red Rocks and The Grand Canyon

September 26 - October 1, 2021

6 Days/8 Meals: 5 Breakfasts • 3 Dinners

Double Occupancy \$2,699 Per Person

AIRFARE INCLUDE

Document Meeting September 13 at 6:00pm, For more information, see Susan Dillon

Highlights...

- Night in Scottsdale
- Verde Canyon Railway
- Red Rock Country
- Grand Canyon National Park
- Montezuma Castle Monument
- Trolley Tour of Sedona
- Mining Town of Jerome



Iceland's Magical Northern Lights Discovery

October 30 - November 6, 2021

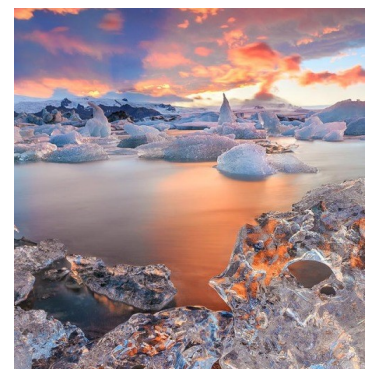
7 Days/10 Meals: 5 Breakfasts • 5 Dinners

Double \$3,499; Per Person

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

Highlights...

- Reykjavík
- Northern Lights Cruise
- Thingvellir National Park
- Gullfoss Waterfall
- Lava Exhibition Center
- Skógar Museum
- Jökulsárlón Glacial Lagoon
- Skaftafell National Park



LONG DISTANCE TRAVEL

Tropical Costa Rica

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

January 28–February 6, 2022

10 Days/14 Meals: 8 Breakfasts • 6 Dinners

Information meeting Friday, September 24 at 6:00pm

Highlights...

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

Danube Delight River Cruise

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+.

Ladies Only: Harbor County Michigan

May 24-26, 2022

Single \$525 Resident/\$575 Non-Resident

Information Meeting September 7 at 6:00pm

- Deluxe Motorcoach Transportation
- Catered Breakfasts
- Winery Tours & Tastings
- Landmark Lakeside Inn
- Union Pier
- Holland
- Saugatuck
- Sawyer Market

Discover Door County, Cape Cod of the Midwest

August 28 - September 1, 2022

Information Meeting

September 7 at 7:00pm

Double \$1075 Resident/\$1125 Non-Resident

Single \$1425 Resident/\$1475 Non-Resident

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

Spotlight on the French Riviera

Double \$4,448 Per Person

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

Information meeting Friday, September 24 at 6:30pm

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

Southern Harmony:

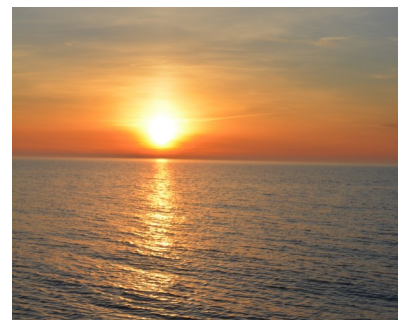
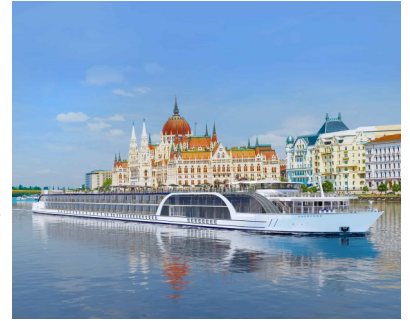
Double \$2,295 Per Person

Featuring New Orleans & Gulf Coast

November 6 - 11, 2022

Information Meeting September 16 at 6:00pm

- French Quarter Tour
- Natchez Cruise
- Café du Monde
- New Orleans Tour
- Bellingrath Garden
- Biloxi Shrimp Boat
- Maritime Museum
- Gulf Island Seashore
- Roundtrip Airfare



MIXED PROGRAMMING



No Charge

First Fridays Club

Friday, September 3

6:00 – 8:00pm

Movie Night: *News of the World*

Let's meet up and watch a Tom Hanks movie at the Community Center. We have a large screen and comfy chairs! Calling all of our single folks! Single/divorcees/widows and widowers; this is for you!

Registration is required



Be brave enough to start a conversation that matters.

Open Discussions

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.

Policing The Police 2020

Monday, September 13

1:00 – 2:00pm

George Floyd's killing triggered mass demonstrations nationwide calling for racial justice and police accountability in the United States. In the wake of those protests, New Yorker writer and historian Jelani Cobb returns to a troubled police department he first visited four years ago (*Policing the Police*) to examine whether reform can work and how police departments can be held accountable.

No Fee

Registration is required.

Reel Talk

Flex your mental muscle as we take in a topical documentary followed by a round table discussion. Documentaries will cover a variety of topics. Each session begins with a documentary no longer than 90 minutes, followed by time for dissection and discussion.

The Biggest Little Farm

Wednesday, September 15, 12:00 – 2:00pm

John and Molly Chester purchased 200 acres outside of Los Angeles on an odyssey to bring harmony to both their lives and the land. They quickly learn the land they've chosen, however, is utterly depleted of nutrients and suffering from a brutal drought. The film chronicles eight years as they realize that to survive they will have to reach a far greater understanding of the intricacies and wisdom of nature, and of life itself.

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



Art Club

Tuesdays

10:00 – 11:15am

Feeling creative? Come join our Art Group. We meet weekly, no experience necessary. Painting and drawing, watercolors, 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.

Raft of Stars

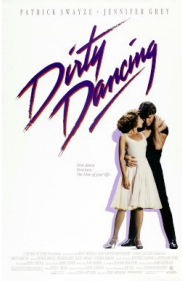
By: Andrew J. Graff

Monday, September 27

10:00 – 11:30 am



MIXED PROGRAMMING



The Movies That Made Us
 Thursdays, September 16 & 30
 1:00 — 2:00pm

The Movies That Made Us is a Docuseries on Netflix that each episode picks a different high-profile Hollywood movie to look back at. Through interviews with some of the crew that worked on the film, it pieces together the development, production, and legacy of each individual title.

September 16: Dirty Dancing (1987) directed by Emile Ardolino, starring Patrick Swayze and Jennifer Grey

September 30: Jurassic Park (1993) directed by Steven Spielberg and starring Laura Dern, Jeff Goldblum and Sam Neill



Sign up at least one week in advance.

Fee for each: \$3 Resident/ \$5 Non — Resident



Neighborhood Walk & Talk

Tuesdays

1:00 — 2:00pm

Tired of eating lunch and taking a nap afterwards? Break the afternoon doldrums and join Ela 55+ for a vigorous walk around the neighborhood. Bring a water bottle, proper walking shoes and a good attitude!

No Fee

Registration is required.

The Basics of Medicare

Tuesday, September 14

6:00 — 7:00pm

Are you turning 65? New to Medicare? Or just have questions about Medicare. Join Lisa and Laura K. as they explain and navigate Medicare Parts A, B, C, D, MediGap and Medicare Advantage plans.

No Fee

2022 ANNUAL ENROLLMENT PERIOD DATES

Dates and deadlines you need to know

OCT. 15, 2021

ANNUAL ENROLLMENT PERIOD BEGINS
 This is the first day you can enroll for 2022 health coverage.

DEC. 7, 2021

ANNUAL ENROLLMENT PERIOD ENDS
 This is the last day you can enroll for 2022 health coverage.

JAN. 1, 2022

FIRST DATE COVERAGE CAN START
 Even if you enroll in December 2021, your new Medicare plan won't go into effect until Jan. 1, 2022.

Medicare Open Enrollment October 15—December 7

We love the challenge of trying to save you \$\$\$\$. Call to make appointment.

EVERYONE with a Medicare drug plan should use this time to be sure their drug plan is still the most cost effective for 2022!

Contact Lisa Gaggiano, lisag@elatownship.org or Laura Kulawik, laurak@elatownship.org or call 847-438-9160.

Zoom Wine Tasting: Back To Basics Wine Pairing Friday, September 10 6:00 — 7:00pm



Why does dark chocolate taste so good with red wine? Why does cake taste better with a sweet white?

Answer these and so many more questions in this back-to-basics wine tasting.

Sign up at least one week in advance.

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

Scarecrow Centerpiece

Thursday, September 23

3:00 — 4:00pm



Fall is here! Terra cotta pots can be used for so much more than just plants. Create this super simple scarecrow by painting and embellishing a terra cotta pot. You can top this scarecrow with candy, flowers, or candles to make it your own.

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

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 PRE-EXISTING PUNCH CARDS HAVE BEEN REACTIVATED AND ARE ELIGIBLE FOR USE.

NEW EXERCISE PUNCH CARDS : 10 Punches \$30 Resident/\$40 Non-Resident

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

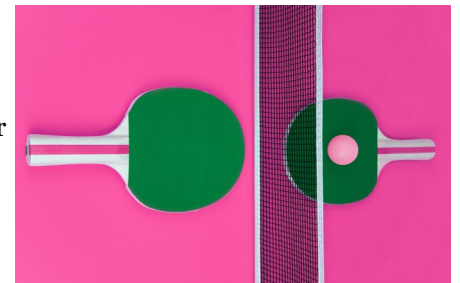
- STATIONS OF CORE STRENGTH, BALANCE, AND COORDINATION
- HIGH/LOW HEART RATE BODY MOVEMENTS

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.

September 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!)** _____

Resident Member Non-Resident Member

Phone _____ E-Mail _____

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

Exp. Date ____/____ V-Code (_____)

FOR OFFICE USE ONLY

DATE: _____ INITIALS _____

PAYMENT AMOUNT: _____ CHECK # _____

| | | | | |
|---|--|-----------------------------|---|---|
| | | 1 | 2 | 3 FIRST FRIDAYS |
| 6 CLOSED FOR LABOR DAY | 7 ALZHEIMER'S SUPPORT LADIES TRIP INFO DOOR COUNTY INFO | 8 PARKINSON'S SUPPORT | 9 | 10 BACK TO BASICS WINE PAIRING |
| 13 OPEN DISCUSSIONS SEDONA DOC MTG. | 14 BASICS OF MEDICARE | 15 REEL TALK | 16 MOVIES THAT MADE US SOUTHERN HARMONY INFO | 17 DEATH CAFE OKTOBERFEST |
| 20 | 21 HISTORY OF LATE NIGHT TV | 22 | 23 SCARECROW CENTERPIECE | 24 COSTA RICA INFO RIVIERA INFO MTG |
| 27 SENIOR BOOK DISCUSSION | 28 | 29 | 30 MOVIES THAT MADE US | |

Ela Township Contacts

Ela Township Community Center

Susan Dillon, Community Programs Director
susand@elatownship.org
847-438-9160

Jim Dalbec, Assistant Community Programs Director-
jimd@elatownship.org
847-438-9160

Lisa Gaggiano, Senior Resource Specialist
lisag@elatownship.org
Hours: Tue, Wed, Thur, 8:30am – 2:30pm

Laura Kulawik, Senior Resource Specialist
laurak@elatownship.org
Hours: Mon - Fri. 9:00am - 5:00pm

Ela Township Youth Department
Joseph Cacciatore, Youth Coordinator
380 Surryse Road, Lake Zurich, IL. 60047 | 847-438-9160

Ela Township Town Hall (Supervisor/Clerk Office)
1155 E. Route 22, Lake Zurich, IL. 60047 | 847-438-7823

Ela Township Assessor's Office
1155 E. Route 22, Lake Zurich, IL. 60047 | 847-438-8370

Ela Township Highway Department
23605 Echo Lake Rd, Lake Zurich, IL. 60047 | 847-438-2371

Ela Township Community Family Services
Sara Marx
1155 E. Route 22, Lake Zurich, IL. 60047 | 847-540-83805

Ela Township Senior/Disabled Bus Service
847-438-6677

Ela Historical Society & Museum
95 E. Main Street, Lake Zurich, IL. 60047 | 847-438-2086

Ela Township Cemeteries
847-204-3541

Ela Township Elected Officials

Gloria Palmblad, Supervisor

Lucy Prouty, Clerk

John Barrington, Assessor

Larry Bowman, Trustee
Joel Sikes, Trustee
Tosi Ufodike, Trustee
Laurie Wilhoit, Trustee