



Ela Township 55+

October 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+

EVENTS

Spooky Escape Evening

Friday, October 22

6:00 – 8:00pm

Join us for this first-ever escape room evening. An escape room is an **immersive, 60-minute, real-life adventure game**. You and your team meet in a themed room and have one hour to complete a mission and “escape” the room. That mission might be actually escaping something like a prison cell.

We can't expect you to be clever on an empty stomach! Guests will first enjoy a festive fall dinner of honey mustard chicken, with roasted sweet potatoes and asparagus, fresh baked rolls and of course, chef's choice dessert.

Sign up at least one week prior. Cash Bar.

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



Center Hours: Monday–Friday 8:30am – 5:00pm Masks Required for ALL Guests

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
Resource Specialist



Lynn Neumaier
Registration Specialist

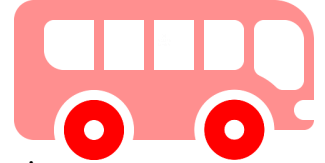
ELA TOWNSHIP BUS SERVICE

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:** *Cleaning dishes, help wash dishes after lunch service. Help needed Monday-Friday approximately 1 to 1 1/2 hours.*
- **Reception Desk:** *Sub positions as needed. Answering the phone, taking registrations, and helping members at the front desk.*
- **Card Making Program:** *Writing out cards to our members who have been unable to make it to the center in awhile. Just sending a friendly hello!*
- **Curbside Lunch Pick Up:** *Deliver our fresh made lunches to the homes of folks who cannot come pick up, either temporarily or permanently.*
- **And More!**



Please Sign up on the registration form Contact Laura Kulawik at 847-438-9160,
laurak@elatownship.org

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)

Extra Help/Medicare Savings Program

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

Deb Kobak from the Neptune Society will be presenting on pre-planning and cremation.

Friday, October 15, 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**



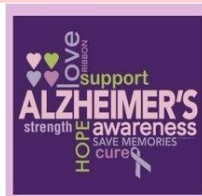
Alzheimer's Caregivers Support Group

Presented by Alzheimer's Association

Tuesday, October 5

7:00–8:00pm

NO CHARGE Registration Required



Parkinson's Support Group

Presented by Parkinson's Foundation

Wednesday, October 13

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: *October 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**.

Fri, 10/1 Roasted Veggie Bowtie Pasta Salad, Focaccia

Mon, 10/4 Italian Beef Sandwich, Pasta Salad

Tue, 10/5 BBQ Pulled Pork, Baked Beans

Wed, 10/6 Chicken Enchiladas, Mexican Rice

Thu, 10/7 Turkey Tetrizzini, Salad

Fri, 10/8 Chicken Waldorf Salad, Croissant

Mon, 10/11 Grilled Chicken Thighs & Zucchini

Tue, 10/12 Stuffed Peppers, Salad

Wed, 10/13 Baked Mostaccioli, Green Salad

Thu, 10/14 Korean Beef Tacos, Fiesta Corn

Fri, 10/15 Vegetable Lasagna, Caesar Salad

Mon, 10/18 Grilled Cheeseburger, Macaroni Salad

Tue, 10/19 Italian Sausage & Peppers Skillet, Salad

Wed, 10/20 Greek Salad & Chicken

Thu, 10/21 Lemon Vegetable Pasta, Croissant

Fri, 10/22 Grilled Pork Loin, Roasted Sweet Potatoes

Mon, 10/25 Ham, Leek & Potato Skillet, Salad

Tue, 10/26 Swedish Meatballs with Egg Noodles, Salad *

Wed, 10/27 Chili, Corn bread

Thu, 10/28 Caprese Chicken Sandwich, Pasta Salad

Fri, 10/29 Beef Stroganoff with Egg Noodles, Veggies

*Lunch & Learn or Curbside Pickup.



LONG DISTANCE TRAVEL

Iceland's Magical Northern Lights Discovery

October 30 - November 6, 2021

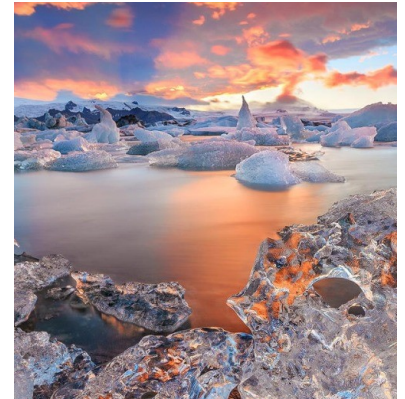
7 Days/10 Meals: 5 Breakfasts • 5 Dinners

Document Meeting Wednesday, October 20 at 6:00pm

Highlights...

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

Double \$3,499; Per Person



Tropical Costa Rica

January 28—February 6, 2022

10 Days/14 Meals: 8 Breakfasts • 6 Dinners

For more information, contact Susan Dillon

Highlights...

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

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



MEDICARE OPEN ENROLLMENT: October 15 —December 7

LONG DISTANCE TRAVEL

Danube Delight River Cruise

May 5 - 15, 2022

11 Days 22 Meals: 9 Breakfasts • 6 Lunches • 7 Dinners

For more information, 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+.

Pricing starts at only \$4,649

Ladies Only: Harbor Country Michigan

May 24-26, 2022

For more information, contact Susan Dillon

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

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

Discover Door County, Cape Cod of the Midwest

August 28 - September 1, 2022

For more information, contact Susan Dillon

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

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

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

Spotlight on the French Riviera

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

For more information, contact Susan Dillon

- 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

Double \$4,448 Per Person

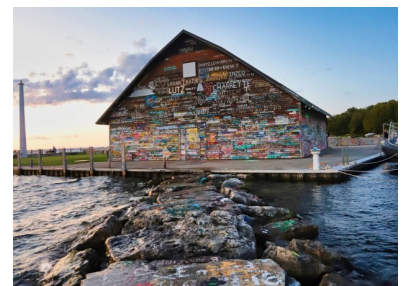
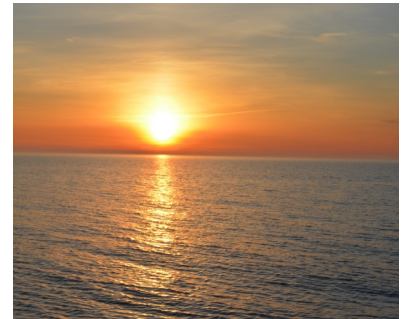
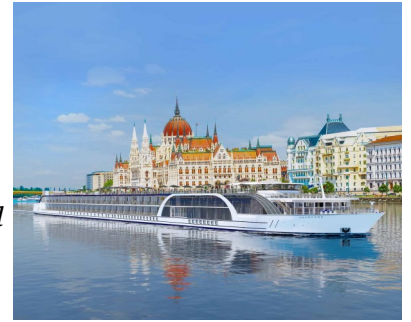
Southern Harmony: Featuring New Orleans & Gulf Coast

November 6 - 11, 2022

For more information, contact Susan Dillon

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

Double \$2,295 Per Person



MIXED PROGRAMMING



Royal Oak Farm Orchard & Crandall's Wednesday, October 27, 10:00am – 3:00pm

Royal Oak address: 15908 Hebron Rd, Harvard, IL 60033

Crandall's address: 10441 IL-47, Hebron, IL 60034

Fall is in the air! Soak it up with a cup of coffee and an apple cider donut. Enjoy a 30-minute antique tractor drawn wagon tour of the orchard that includes a history of the orchard, and a stop to pick 5 apples. Finally, enjoy time at the shops and harvest barn.



After Royal Oak Farm, meet us at Crandall's for a 2-piece roasted chicken meal served with mashed potatoes, coleslaw, choice of soft drink and single scoop sundae. **This is a self-drive event. We encourage car pooling.**

Sign up by October 13.

Fee: \$30 Resident/\$35 Non – Resident



First Fridays Club

Friday, October 1

Noon

La Mula

927 S. Rand Road, Lake Zurich



Want to get out and try new things in a group setting of your peers? Calling all of our single folks! Single/divorcees/widows and widowers; this is for you! Let's meet up for lunch!

Everyone will pay their own bill at La Mula.

Registration is required

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.

**Be brave
enough to
start a
conversation
that matters.**

The Price of Fairness: Why Do We Accept Inequality?

Monday, October 11

1:00 – 2:00pm

Why do we accept huge levels of inequality and social injustice? This is one of the central questions that The Price of Fairness sets out to answer, beginning with a surprising set of social experiments in Norway, which suggest that our willingness to support systems of inequality is far greater than we are often prepared to admit. Touching on issues of economic, political, racial and gender inequality, this film offers a thought-provoking and timely look at what fairness really means to us. **No Fee Registration is required.**

Reel Talk

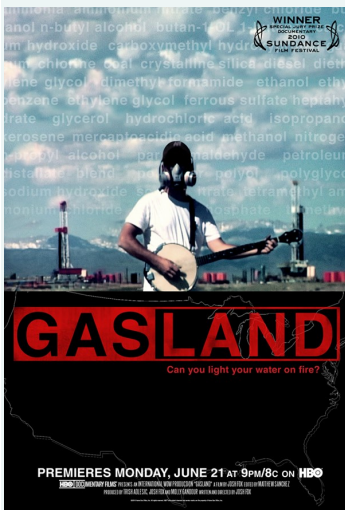
Flex your mental muscle as we take in a topical documentary followed by a round table discussion. Documentaries will cover a variety of topics. Each session begins with a documentary no longer than 90 minutes, followed by time for dissection and discussion.

GasLand

Wednesday, October 13, 12:00 – 2:00pm

When Josh Fox receives a \$100,000 offer from a natural gas company interested in exploring in his land in Pennsylvania's Delaware River Basin, he decides to do his own research on drilling and the process known as fracking. Josh sets out to interview those who live near drilling sites, and his findings are frightening -- their wells contaminated, residents can actually set their tap water on fire.

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



MIXED PROGRAMMING

Freaky Fridays

1:00 — 2:00pm

Join Jim each week as he hosts this series of creepy (but fun) presentations. From urban legends that are ACTUALLY true to exorcisms and learning about how serial killers think. Each week Jim will explore a new spooky specialty.

October 1: Cults

October 8: Exorcisms

October 15: Even MORE Creepy Crimes

October 22: Inside The Mind of a Serial Killer

October 29: Urban Legends



Cyber Safety & Avoiding Scams!

Thursday, October 7

1:00 — 2:00pm

Join Jim as he discusses several strategies to make sure you're safe online. Nervous about paying with credit card on the computer? Afraid that an e-mail or phone call may be a scam? We will go over all of this and more to give you piece of mind and help you be aware of the various pit falls that come with computers and keeping your private information private.

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



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



Lunch & Learn

Have a delicious homemade lunch & be entertained and enlightened.

**The Ghosts of Route 66
With David Clark
Tuesday, October 26
11:30am-1:00pm**

This program explores the Ghost Stories and the Ghost Towns found along Route 66. We cover ghostly legends and supernatural phenomena in each of the eight Route 66 states. Included are the ghost of Joliet's Rialto Square Theater, the mysterious Spook Light of Kansas, and the spirit of the former owner that haunts the Museum Club in Flagstaff, Arizona. Before presentation, enjoy a delicious lunch.

Fee: \$10 Resident/\$15 Non-Resident

Participants must register one week prior



Resources 101

Tuesday, October 12

1:00 — 2:00pm

Do you know all the programs available to you as a senior? We will cover discounted plates, LIHEAP, meals on wheels, senior housing, and so much more.

No Fee Registration is required

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

**Zoom Wine Tasting:
Halloween Candy Wine Pairing
Friday, October 29
6:00-7:00pm**



You know what pairs well with your favorite Halloween Candy? WINE! Join us as we get you ready for Halloween so you can be prepared to pair those Kit Kats and Snickers with an adult beverage.

Sign up at least one week in advance.

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

Explosion Photo Box

Thursday, October 21

3:00-4:00pm



When you open an explosive gift box, you will find many surprises. You can display photo collections and beautiful texts, write words and attach some photos to leave beautiful memories. Let your loved one feel your heart through their fingertips. We will supply all materials except your photos and inspiration. Supply list will be given to registrants.

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

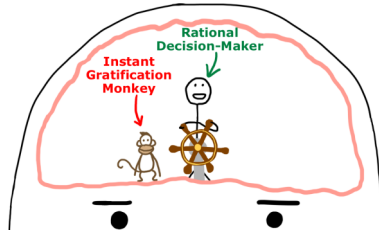
MIXED PROGRAMMING

TED Talks

TED Talk
*Inside the Mind of a
Master Procrastinator*
Monday, October 18
1:00 — 2:00pm

TED Talks are influential videos from expert speakers on education, business, science, tech and creativity, with subtitles in 100+ languages. Watch this engaging short presentation and then enjoy a lively discussion with your peers.

Procrastinator's Brain



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

Mid-Week Movie:
Young Frankenstein
Wednesday, October 20
Noon — 2:00pm

Break up the week with a classic movie. Just in time for Halloween, it's *Young Frankenstein*. In this Mel Brooks classic, an American grandson of the infamous scientist, struggling to prove that his grandfather was not as insane as people believe, is invited to Transylvania, where he discovers the process that reanimates a dead body. Starring Gene Wilder, Peter Boyle, Marty Feldman and Madeline Kahn.



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

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, 10:00 — 11:30am

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.

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, come join us. **No Fee**

Drop - In Games

Wednesdays

10:00 — Noon



Feel like getting out of the house and maybe playing cards, or a board game?

Come on in. Wednesdays from 10am until noon, there will be two open rooms for folks to just drop in and play games.



Senior Book Discussion

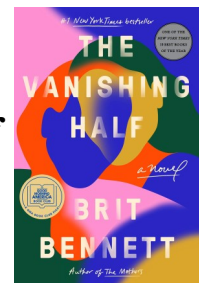
Join us at the Ela Area Library for a lively discussion on the latest and classic reads. Held in Meeting Room A. Books will only be distributed to patrons that register for the Senior Book Group.

The Vanishing Half

By: Brit Bennett

Monday, October 25

10:00 — 11:30 am



MEDICARE OPEN ENROLLMENT: October 15—December 7

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
20 Punches \$60 Resident/\$80 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

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

RESTORATIVE YOGA: PUNCH CARD

FRIDAYS, 10:00 — 10:45am

IMPROVE FOCUS, FLEXIBILITY & IMMUNITY

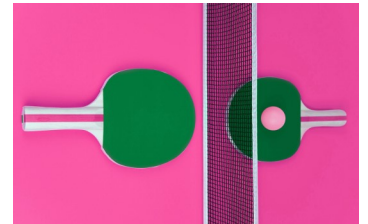
- LOWER BLOOD PRESSURE
- REDUCE STRESS

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.



WALKING

Neighborhood Walk & Talk

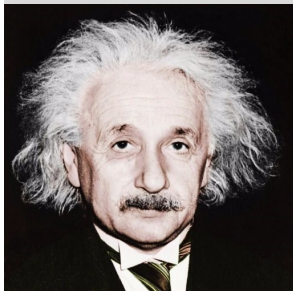
Tuesdays, 1:00 — 2:00pm

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! Meets at the Ela Township Community Center.

No Fee Registration is required.



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

VIRTUAL PROGRAMS IN RED

OCTOBER

IN-PERSON PROGRAMS IN BLACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 FREAKY FRIDAYS FIRST FRIDAYS
4	5 ART CLUB ALZHEIMER'S SUPPORT	6 DROP-IN GAMES	7 AVOIDING SCAMS	8 FREAKY FRIDAYS
11 OPEN DISCUSSIONS	12 ART CLUB RESOURCES 101	13 DROP-IN GAMES REEL TALK PARKISON'S	14	15 FREAKY FRIDAYS DEATH CAFE
18 TED Talk	19 ART CLUB	20 DROP-IN GAMES MID-WEEK MOVIE: YOUNG FRANKENSTEIN ICELAND DOC MTG.	21 CRAFT: EXPLOSION PHOTO BOX	22 FREAKY FRIDAYS SPOOKY ESCAPE EVENING
25 SENIOR BOOK DISCUSSION	26 ART CLUB LUNCH & LEARN: GHOSTS OF RTE 66	27 DROP-IN GAMES ROYAL OAK FARM & CRANDALL'S	28	29 FREAKY FRIDAYS Halloween Candy Wine Pairing

 **REGISTRATION**

October 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. **Any credits issued will be in your virtual wallet.**

<u>PROGRAM TITLE</u>	<u>DATE</u>	<u>FEE</u>

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 # _____