



# Ela Township 55+

January 2022

## Happy New Year



Ela Community Center 380 Surryse Road, Lake Zurich 60047  
Susan Dillon, Community Programs Director

847-438-9160

[elatownship.org/seniors](http://elatownship.org/seniors)

Ela Township 55+ on

Center Hours: Monday—Friday 8:30am — 5:00pm

CENTER CLOSED: JANUARY 3 & 17

Masks Required for ALL Guests

***ALL IN-HOUSE EVENTS WITH FOOD REQUIRE PARTICIPANTS TO BE FULLY VACCINATED***

### LUNCH & LEARN



**A Struggle for a Dream:  
The Life of Dr. Martin Luther King Jr.**

**With Jim Gibbons**

**Tuesday, January 18, 11:30am — 1:00pm**

*Enjoy a delicious lunch, then be entertained and enlightened.*



Historian Jim Gibbons will discuss the life of Dr. Martin Luther King Jr., his strong nonviolent beliefs, his turbulent life, tragic death and why we commemorate January 18th every year in his honor. Gibbons will show that with just four words, “I have a dream” change for a better world is entirely possible!

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



## NON-RESIDENT MEMBERSHIP

All Non—Residents must pay their 2022 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 “no-fee” based programs and services offered to Ela Residents. Non-Residents must 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

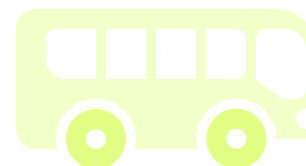
## ELA TOWNSHIP BUS SERVICE

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)
- Wheelchairs
- Crutches
- Toilet risers
- Canes
- Shower chairs

Contact **Ela Township Health and Wellness Department** 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

## Ela 55+ Gift Certificates

*Not sure what to give someone for the holidays?  
An Ela 55+ Gift Certificate will please even the pickiest...maybe even you!  
Suggest them to your family members who don't know what to get you!  
Gift certificates are available in any denomination, never expire and are good for anything at Ela 55+ except long distance travel.*

**CENTER CLOSED JANUARY 3 & 17**

# 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 question 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 for End of Life
- Pre Estate Planning Questionnaire
- Assistance with Housing Options

### Death Café

**Friday, January 21, 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*

*Facilitated by Lisa Gaggiano*

**Tuesday, January 4**

**7:00—8:00pm at Ela Area Public Library**

**NO CHARGE Registration Required**



### Parkinson's Support Group

*Presented by Parkinson's Foundation*

*Facilitated by Laura Kulawik*

**Wednesday, January 12**

**6:00—7:00pm**

**NO CHARGE Registration Required**



### Tech Help with Jim

*Did you get a new device over the holidays? Don't have a clue how to use it? Trying to figure out how to download those pictures?*

**Make an appointment with Jim for some help with your technology.**

**All devices must be portable .**



**Center Hours: Monday—Friday, 8:30am — 5:00pm**

**Masks Required for ALL Guests**

**CENTER CLOSED: January 3 & 17**

**ALL EVENTS WITH FOOD REQUIRE PARTICIPANTS TO BE FULLY VACCINATED**

# 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**



**THIS IS A TENTATIVE MENU CONTINGENT ON FINDING A CHEF.  
PLEASE CHECK WITH US THE LAST WEEK OF DECEMBER TO CONFIRM THE LUNCH PROGRAM RESTARTING.**

### Mon, 1/3 CLOSED HAPPY NEW YEAR

- Tue, 1/4 Mostaccioli, Salad, Roll
- Wed, 1/5 Cranberry Chicken over Rice, Salad
- Thu, 1/6 Sloppy Joe's, Baked Beans
- Fri, 1/7 Turkey Tetrazzini, Salad

### Mon, 1/10 Reuben Sandwich, Chips & Pickles

- Tue, 1/11 Shepherd's Pie, Roasted Veggies
- Wed, 1/12 Beer Brats, Potato Salad
- Thu, 1/13 Pork Loin, Texas Potatoes
- Fri, 1/14 Fish Tacos, Rice & Beans

### Mon, 1/17 CLOSED MLK JR. DAY

- Tue, 1/18 Lasagna, Salad, Garlic Bread
- Wed, 1/19 Chicken Pad Thai, Steamed Veggies
- Thu, 1/20 Southwest Pulled Pork, Roasted Sweet Potatoes
- Fri, 1/21 Meatball Sub, Chips

### Mon, 1/24 Chicken and Vegetable Stir Fry w/ Rice

- Tue, 1/25 Baked Enchiladas, Salad
- Wed, 1/26 Baked Ham w/ Cheesy Potatoes
- Thu, 1/27 Stuffed Peppers, Mixed Veggies
- Fri, 1/28 Orange Ginger Salmon over Rice, Salad

### Mon, 1/31 Lemon Parmesan Chicken, Roasted Veggies

## LONG DISTANCE TRAVEL

**ALL LONG DISTANCE TRAVEL REQUIRES THAT GUESTS BE FULLY VACCINATED AND SHOW PROOF OF VACCINATION. ANY TRAVEL OUTSIDE OF THE U.S. REQUIRES A NEGATIVE PCR TEST THAT WILL BE ARRANGED BY ELA 55+ AND THE TRAVEL COMPANIES.**

### WHY GROUP TRAVEL?:

- \* Safety
- \* Details are covered
- \* Company Experience
- \* Professionally Guided
- \* Quality Insurance
- \* Cultural Experiences
- \* Airport Transfers
- \* Arranged Admissions
- \* Peace of Mind
- \* Comradery
- \* Value
- \* Provided Technology
- \* Travel Support
- \* Unique Opportunities



### Tropical Costa Rica

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

January 18–27, 2022

10 Days/14 Meals: 8 Breakfasts • 6 Dinners

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

Document meeting for all registered guests, Monday, January 10 at 6:30pm

#### Highlights...

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



# LONG DISTANCE TRAVEL

## 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.

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

### Ela 55+ Exclusive Trip

May 24–26, 2022

Information meeting for new sign-ups Tuesday, January 11 at 6:00pm

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

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



## Discover Door County, Cape Cod of the Midwest

### Ela 55+ Exclusive Trip

August 28–September 1, 2022

Information meeting for new sign-ups Tuesday, January 11 at 7:00pm

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

Double \$1075 Resident/\$1125 Non-Resident Single \$1425 Resident/\$1475 Non-Resident



## Spotlight on the French Riviera

Double \$4,448 Per Person

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

Information meeting Monday, January 10 at 5:30pm

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



## Southern Harmony: Featuring New Orleans & Gulf Coast

November 6–11, 2022

Information meeting Thursday, January 13 at 7:00pm

Double \$2,295 Per Person

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



# MIXED PROGRAMMING

## First Fridays Club

A New Year, a New You! Time to connect with people and build friendships. Join us the first Friday of each month for a new way to connect with others. Calling all of our single folks! Single/divorcees/widows and widowers; **this is for you!**



## Giannis Café Igloo Dinner

Friday, January 7

6:00 – 7:30pm

Registration is required, LIMIT FIRST 16

This is a self-pay event.



## LUNCH & LEARN

HAVE A DELICIOUS HOMEMADE LUNCH AT 11:30, THEN BE ENTERTAINED AND ENLIGHTENED.

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

Participants must register one week prior

**ALL EVENTS WITH FOOD REQUIRE PARTICIPANTS TO BE FULLY VACCINATED**



## Amazing Stories of Survival with Jim Dalbec

Tuesday, January 11

11:30am – 1:00pm

Humans are nothing if not resilient. Most of us try to avoid risky behaviors that might injure us (or worse!), but the truth of the matter is, you never know when an accident will put you in a life or death situation. We will delve into some of the most intense and amazing stories of survival from around the globe.

## CRAFTS

### Farmhouse Blanket Ladder

Thursday, January 13

2:00 – 3:30pm

Looking for a handy place to keep your favorite cozy blanket this winter? Come create this decorative ladder out of simple materials. Just stain or paint to match your décor.

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

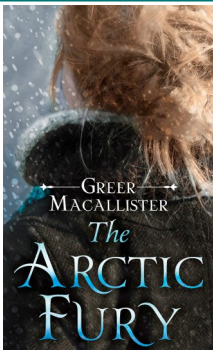
Registration by January 6 required.



### 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.

Register at the Ela Area Public Library. Registration required.



**Arctic Fury**  
By: Greer Macallister  
Monday, January 24  
10:00 – 11:30am



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

Masks Required for ALL Guests

CENTER CLOSED: January 3 & 17

# MIXED PROGRAMMING

**ALL EVENTS WITH FOOD REQUIRE PARTICIPANTS TO BE FULLY VACCINATED**



## An Evening of Magic & Illusion

Friday, January 14

6:00 – 8:00pm

Winter Green Salad

Chicken Marsala with Crash Hot Potatoes and Roasted Vegetables

Cherry & Apple Crumble

Start your evening with a delicious 3-course dinner prepared in the Ela 55+ Kitchen. Then, prepare to be amazed and mesmerized by the magic of John Measner. John combines charm and sleight of hand with some of the best stage illusions you are likely to ever see.

**Fee: \$20 Resident/\$30 Non-Resident Register by January 7**



## Zoom Wine Tasting: QUE SYRAH SYRAH!

Friday, January 28

6:00 – 7:00pm

Let's talk reds: syrah, shiraz and other delicious wines. We will be pairing 4 wines with a seasonal charcuterie box for each guest to enjoy at home.

Guests will pick up a prepared box filled with delightful foods and their accompanying wines at 2:00pm at the Community Center.

Later, join us via zoom at 6:00pm as we all learn about these wines with each other, yet in the comfort of our own homes.

**Sign up at least one week in advance.**

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

## Open Discussions, Monday, 1:00 – 2:00pm

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.**



## Second Chance Kids

Monday, January 10

What happens when prisoners convicted of first degree murder as teenagers are given the chance to re-enter society? A landmark 2012 Supreme Court ruling found sentences of mandatory life without parole for juveniles unconstitutional. The film asks tough questions about crime and punishment in America, and what happens when some offenders are given a second chance.

## Reel Talk

Wednesday, 12:00 – 2:00pm

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

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



## The Social Dilemma

Wednesday, January 19

The Social Dilemma fuses investigative documentary with enlightening narrative drama. Expert testimony from tech whistle-blowers exposes our disturbing predicament: the services Big Tech provides—search engines, networks, instant information, etc.—are merely the candy that lures us to bite. Once we're hooked and coming back for more, the real commodity they sell is their prowess to influence and manipulate us.

# MIXED PROGRAMMING

## **Egypt: In the Footsteps of Pharaohs with Barb & Ron**

**Thursday, January 27  
2:00 – 3:00pm**



Egypt was in its glory days about 5000 years ago. Its obsession with the afterlife left timeless treasures to explore. Meet the pharaohs who built them and the gods they honored. Visit the cultural, seaside city of Alexandria and bustling, brash Cairo. Nearby, discover the pyramids, the only wonder of the ancient world which remains, the familiar sphinx, colorful tombs, and magnificent temples. Float down the peaceful Nile from Luxor to Aswan, stopping to visit

villages along the way. Explore the Aswan Dam and Abu Simbel with its colossal statues relocated here when the dam was built. Photos from 2020.

**Fee: \$5 Resident/\$10 Non—Resident**

**Registration is required**



## **Pack Like a Pro**

**Thursday, January 6  
1:00 – 2:00pm**

Tired of cramming things in a suit-case only to find out your missing what you need? Learn how to pack what you need and keep it organized and neat. Plus, some helpful hints on traveling in general.

**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, 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, come join us. **No Fee**



## **Ice Cream with the Director**

**Wednesday, January 5  
2:00 – 3:00pm**

Have some ice cream, discuss ideas, issues and opinions about the Ela 55+ program with the director.

**No Charge**

**Registration is required.**

## **Forcing Bulbs Indoors**

**with Susan**

**Wednesday, January 12  
1:00 – 2:00pm**

Forcing bulbs indoors in water is an easy way to enjoy early spring blooms. It is common to bring in a branch of forsythia or other early blooming plant and force it to flower in a vase of water, but flower bulbs can grow in water.

Even a novice gardener can learn how to grow flower bulbs in water. You only need a few materials, some fresh water and your choice of bulbs. Not all spring bulbs are good choices for forcing but you can try daffodils, tulips, hyacinth, crocus, and many more. Everyone leaves with supplies.

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



**Center Hours: Monday—Friday, 8:30am – 5:00pm**

**Masks Required for ALL Guests**

**CENTER CLOSED: January 3 & 17**



# 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

**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

## Senior First Aid

**Wednesday, January 5, 9:00am— Noon**

Do you feel comfortable in an emergency situation? Would you be able to recognize if someone was showing symptoms of a heart attack or stroke? Become certified in First Aid, CPR, and using an AED. You will learn hands on training by practicing techniques such as the Heimlich Maneuver, applying pressure to and treating wounds, recognizing signs of a stroke, heart attack or heat related illnesses, and responding to numerous other everyday incidents that may occur. Participants will all receive a Red Cross First Aid reference guide to take home.

Completion of this class results in the participant being certified in American Red Cross First Aid, CPR, and AED for adults and children.

**ALL PARTICIPANTS MUST BE FULLY VACCINATED.**

**Registration is required, Limit First 8 Participants Fee: \$35 Resident / \$45 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.**



# REGISTRATION

ALL IN-HOUSE EVENTS WITH FOOD REQUIRE PARTICIPANTS TO BE **FULLY** VACCINATED

## January Registration Form

FOR OFFICE USE ONLY DATE: \_\_\_\_\_ INITIALS \_\_\_\_\_  
PAYMENT AMOUNT: \_\_\_\_\_ CHECK \_\_\_\_\_

Payments may be mailed or dropped off Credit Card payment can be taken over the phone. No refunds.  
Any credits issued will go into your virtual wallet.

Name **(PLEASE PRINT CLEARLY!)** \_\_\_\_\_

Resident Member \_\_\_ Non-Resident Member \_\_\_ Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

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

Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ V-Code (\_\_\_\_) **SIGN ME UP FOR E-NEWSLETTER** \_\_\_\_\_

<u>PROGRAM TITLE</u>	<u>DATE</u>	<u>FEE</u>	<u>SIGN UP FOR YEAR</u>

<b>PROGRAMS IN RED ARE VIRTUAL</b>			<b>JANUARY 2022</b>		<b>PROGRAMS IN BLACK ARE IN-PERSON</b>
3 <b>CLOSED</b> <b>HAPPY NEW YEAR DAY</b>	4 ALZHEIMER'S SUPPORT	5 <b>SENIOR FIRST AID</b> <i>ICE CREAM W/ DIRECTOR</i>	6 <i>PACK LIKE A PRO</i>	7 <b>FIRST FRIDAYS</b>	
10 <b>OPEN DISCUSSIONS</b> Costa Rica Doc Meeting French Riviera Info Mtg	11 LUNCH & LEARN: <b>SURVIVAL STORIES</b> Door County Info Mtg Ladies' Trip Info Mtg	12 <b>FORCING BULBS</b> PARKINSONS SUPPORT	13 <b>CRAFT</b> Southern Harmony Info	14 <b>EVENING OF MAGIC &amp; ILLUSION</b>	
17 <b>CLOSED</b> <b>MLK JR. DAY</b>	18 LUNCH & LEARN: <b>MLK JR.</b>  <i>COSTA RICA</i>	19 <b>REEL TALK</b>  <i>COSTA RICA</i>	20  <i>COSTA RICA</i>	21 DEATH CAFÉ  <i>COSTA RICA</i>	
24 Senior Book Discussion  <i>COSTA RICA</i>	25  <i>COSTA RICA</i>	26  <i>COSTA RICA</i>	27 ARMCHAIR TRAVEL: <b>EGYPT</b>  <i>COSTA RICA</i>	28 <b>WINE TASTING</b>	
31					