



Ela Township 55+

February 2022



Ela Community Center 380 Surryse Road, Lake Zurich 60047

Susan Dillon, Community Programs Director

847-438-9160

elatownship.org/seniors

Ela Township 55+ on



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

CENTER CLOSED: February 21

MASKS REQUIRED FOR ALL GUESTS

LEARN & LUNCH TO GO

Strengthen Your Immune System Through Nutrition

With Laura Burk

Tuesday, February 8, 11:30am – 1:00pm

Enjoy the presentation, then bring your lunch home to enjoy.

It's never been more important to have a strong immune system. Join Laura Burk as she teaches us these practical and tasty ways to boost our immunity.

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

ZOOM WINE TASTING

Wine & Charcuterie

Friday, February 25

6:00 – 7:00pm

Stave off the winter cold with a delicious wine and charcuterie pairing. 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 in the comfort of our own homes.

**Fee: \$15 Resident/ \$20 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. **NON-RESIDENTS WILL NOT RECEIVE ANY FURTHER NEWSLETTERS PRIOR TO FEE BEING PAID.**

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 FEBRUARY 21

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, February 18, 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.

This month's presentation is from Science Care on Whole Body Donation.

No Charge Registration Required



Alzheimer's Caregivers Support Group

Presented by Alzheimer's Association

Facilitated by Lisa Gaggiano via ZOOM

Tuesday, February 1

7:00—8:00pm ZOOM

NO CHARGE Registration Required



Parkinson's Support Group

Presented by Parkinson's Foundation

Facilitated by Laura Kulawik

Wednesday, February 9

6:00—7:00pm Zoom

NO CHARGE Registration Required

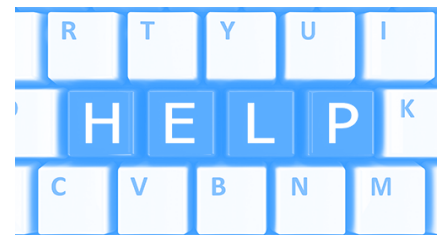


Tech Help with Jim

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: FEBRUARY 21

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**



WE ARE BACK!

**CURBSIDE LUNCHES WILL RESTART AS OF JANUARY 31
ORDERS MUST BE PLACED BY THE PRIOR WEEK'S THURSDAY.**

Mon, 1/31 Mostaccioli, Salad, Roll

Tue, 2/1 Potstickers, Chinese Chicken Salad

Wed, 2/2 Cranberry Chicken over Rice, Salad

Thu, 2/3 Sloppy Joe's, Baked Beans

Fri, 2/4 Turkey Tetrizzini, Salad

Mon, 2/7 Reuben Sandwich, Chips & Pickles

Tue, 2/8 Lasagna, Salad, Garlic Bread

Wed, 2/9 Beer Brats, Potato Salad

Thu, 2/10 Pork Loin, Texas Potatoes

Fri, 2/11 Fish Tacos, Rice & Beans

Mon, 2/14 SPECIAL VALENTINE'S DINNER

Tue, 2/15 Chicken and Vegetable Stir Fry w/ Rice

Wed, 2/16 Chicken Pad Thai, Steamed Veggies

Thu, 2/17 Southwest Pulled Pork, Roasted Sweet Potatoes

Fri, 2/18 Meatball Sub, Chips

Mon, 2/21 CLOSED PRESIDENTS' DAY

Tue, 2/22 Baked Enchiladas, Salad

Wed, 2/23 Baked Ham w/ Cheesy Potatoes

Thu, 2/24 Stuffed Peppers, Mixed Veggies

Fri, 2/25 Orange Ginger Salmon over Rice, Salad

Mon, 2/28 Lemon Parmesan Chicken, Roasted Veggies



Valentine's Day Dinner Pick-Up

Monday, February 14

CURBSIDE PICK UP AT 12pm

Treat yourself, and maybe someone special to a delicious Valentine's Day Dinner. Pick up your meals curbside at noon and simply heat up to enjoy later in the evening. Re-heating instructions included.

Dinner Menu: Spinach & Mushroom Ravioli, Roasted Broccoli Rabe, Caesar Salad, Fresh Italian Bread, Chocolate Lava Cake

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

Participants must register no later than February 7

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

LONG DISTANCE TRAVEL

Danube Delight River Cruise

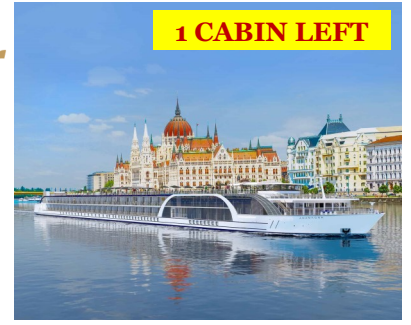
May 5–15, 2022

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+.



Ladies Only: Harbor Country Michigan

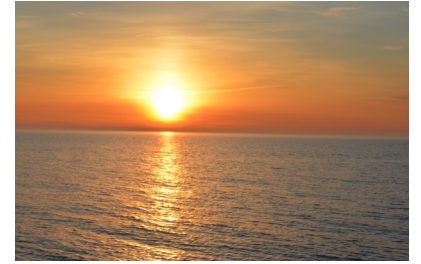
Ela 55+ Exclusive Trip

May 24–26, 2022

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

- 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

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

- 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 Wednesday, February 16 at 6:00pm.



- 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

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

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!

Movie Night-1917

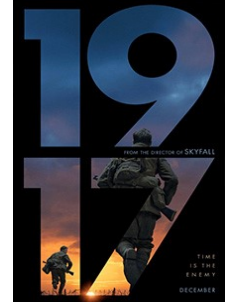
April 6th, 1917. As an infantry battalion assembles to wage war deep in enemy territory, two soldiers are assigned to race against time and deliver a message that will stop 1,600 men from walking straight into a deadly trap.

Friday, February 4

6:00 – 8:00pm

At the Community Center

Registration is required



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.

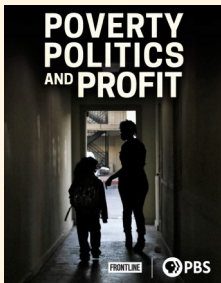
No Fee

Registration is required.

Poverty, Politics and Profit

Monday, February 7

More working Americans are struggling to make rent than at any time since the Great Depression. FRONTLINE and NPR join forces to investigate the crisis in affordable housing and why so few are getting the help they need. The team follows a money trail that raises questions about the oversight of a program meant to house low-income people. Poverty, Politics and Profit also explores the inseparability of race and housing programs in America, tracing a legacy of segregation and discrimination that began more than 80 years ago.



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.

A Secret Love

Wednesday, February 16

Pat Henschel and Terry Donahue began dating in 1947, a time when lesbians were arrested in bar raids and homosexuality was practically verboten. They lived discreetly as a couple in Chicago for decades. Donahue, once a professional athlete, could hardly hold an object due to complications from Parkinson's Disease. Filmed over the course of four years, A Secret Love captures the couple's voyage into the final phase of their relationship—side-by-side, as always.



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**

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

Masks Required for ALL Guests

CENTER CLOSED: FEBRUARY 21

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

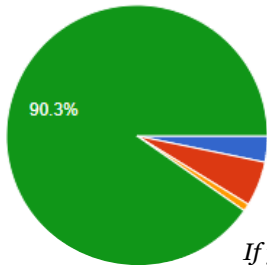
IMPROVE FOCUS, FLEXIBILITY & IMMUNITY

- LOWER BLOOD PRESSURE
- REDUCE STRESS

COVID HEALTH & WELLNESS SURVEY

Have you at any point tested positive for Covid?

We asked and you responded! Thank you to all who participated in our COVID Health & Wellness Survey. Through your responses we were able to gather some awesome data:



- Yes, before being vaccinated
- Yes, after being vaccinated
- Both
- No

- Over 97% of our membership is FULLY Vaccinated
- Under 10% have contracted COVID
- 19% are feeling Overwhelmed, Irritable or Anxious
- 45% are feeling Optimistic
- 60% are having difficulty sleeping

If you are struggling or would like someone to reach out to you, please contact Ela 55+ at 847-438-9160 or the Ela Health & Wellness Department at 847-540-8380 or health@elatownship.org

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

February 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>

PROGRAMS IN RED ARE VIRTUAL		FEBRUARY 2022		PROGRAMS IN BLACK ARE IN-PERSON	
1	ALZHEIMER'S SUPPORT ZOOM	2		3	
4				4	FIRST FRIDAYS
7	OPEN DISCUSSIONS	8	LUNCH & LEARN: STRENGTHEN YOUR IMMUNE SYSTEM	9	PARKINSONS SUPPORT ZOOM
10				10	
11				11	
14	VALENTINE'S DINNER PICK-UP	15		16	REEL TALK FRENCH RIVIERA INFO MEETING
17				17	
18				18	DEATH CAFÉ
21	CLOSED PRESIDENT'S DAY	22		23	
24				24	
25				25	WINE TASTING
28				28	