



# Ela Township 55+

March 2022



**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**

**MASKS REQUIRED FOR ALL GUESTS**

## **LEARN & LUNCH TO GO**



### **The Life of Fred Rogers**

**With Jim Gibbons**

**Tuesday, March 22, 11:30am — 12:30pm**

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

Jim Gibbons will discuss the life of Fred McFeely Rogers, an American icon of neighborly kindness with a heartwarming smile. A Presbyterian Minister, American television host and producer, Mister Rogers Neighborhood ran from 1968-2001. Learn the life of the man, the myth, and the legend.

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

## **ZOOM WINE TASTING**

### **Cabernet All Day**

**Friday, March 25**

**6:00 — 7:00pm**

Join our fun group as we explore Cabernets. 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**



# GENERAL INFORMATION

## 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)
- Crutches
- Canes
- Wheelchairs
- Toilet risers
- 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](mailto: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](mailto:lisag@elatownship.org) or [laurak@elatownship.org](mailto: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, March 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. **No Charge Registration Required**

### Alzheimer's Caregivers Support Group

*Presented by Alzheimer's Association*

*Facilitated by Lisa Gaggiano via ZOOM*

**Tuesday, March 1**

**7:00—8:00pm ZOOM**

**NO CHARGE Registration Required**



### Parkinson's Support Group

*Presented by Parkinson's Foundation*

*Facilitated by Laura Kulawik*

**Wednesday, March 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**

**847-438-9160**

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

**Ela Township 55+ on**



# 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 LUNCH ORDERS MUST BE PLACED BY THE PRIOR WEEK'S THURSDAY.**

**Mon, 2/28** Korean Beef Tacos, Asian Slaw

**Tue, 3/1** Jambalaya, Dirty Rice

**Wed, 3/2** Penne w/Tomatoes & Basil, Salad

**Thu, 3/3** Lemon Parmesan Chicken, Roasted Veggies

**Fri, 3/4** Broccoli & Cheddar Stuffed Potatoes, Salad

**Mon, 3/7** Chicken and Vegetable Stir Fry w/ Rice

**Tue, 3/8** **Shepherds Pie, Salad**

**Wed, 3/9** Ham, Potato & Leek Skillet, Salad

**Thu, 3/10** Spring Chicken Salad, Croissant

**Fri, 3/11** Fish Tacos, Rice & Beans

**Mon, 3/14** Meatball Sub, Chips

**Tue, 3/15** Baked Enchiladas, Rice & Beans

**Wed, 3/16** Scalloped Ham & Potatoes, Salad

**Thu, 3/17** **SPECIAL ST. PATRICK'S DAY DINNER**

**Fri, 3/18** Vegetable Fried Rice, Spring Rolls

**Mon, 3/21** Patty Melt, Cole Slaw

**Tue, 3/22** **Chicken Parmesan, Salad**

**Wed, 3/23** Italian Sausage & Peppers, Garlic Bread

**Thu, 3/24** Stuffed Peppers, Salad

**Fri, 3/25** Orange Ginger Salmon over Rice, Salad

**Mon, 3/28** Reuben Sandwich, Chips & Pickles

**Tue, 3/29** Pierogis & Kielbasa, Salad

**Wed, 3/30** Sloppy Joe's, Baked Beans

**Thu, 3/31** Chicken & Veggie Stir Fry, Rice

**Fri, 4/1** Stuffed Shells, Salad, Garlic Bread



## St. Patrick's Day Dinner Pick-Up

Thursday, March 17

**CURBSIDE PICK UP AT 2pm**

*Celebrate the wearing of the green with a delicious St. Patrick's Day dinner from our own kitchen.*

**Dinner Menu:** Corned Beef with Cabbage, Carrots & Potatoes, Irish Soda Bread & Bailey's Irish Coffee Caramel Brownies

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

**Participants must register no later than March 10**

## 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

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

- 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

*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!*

**At the Community Center**

## 2022 Planning Party and Chinese Take Out from Hong Kong Chop Suey

**Friday, March 4, 1:00 — 3:00pm**

Join us as we look ahead and plan out the year. Bring your ideas, and vote on your favorites!

**Registration is required     Fee: \$10 Resident/\$13 Non—Resident**

## 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.*

**No Fee     Registration is required.**

## Cancel Culture (or Call—Out Culture)

**Monday, March 7, 1:00 — 2:00pm**

Cancel Culture or “call-out” culture is about holding celebrities and people in power accountable, but it can extend to everyday citizens being publicly shamed. Social Media has made this EXTREMELY easy for anyone to be attacked or singled out and for that movement to gain an enormous amount of momentum in a very short period of time. Does this approach do more harm than good, or is this an effective strategy to hold people to a higher standard? We will discuss all aspects of this practice including the pros, the cons, and everything in between.



## Learn & Lunch To Go: The Benefits of Nostalgia

**With Jim Dalbec**

**Tuesday, March 8, 11:30am — 12:30pm**

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



Join Jim as we discover the benefits of nostalgia, and learn the psychology behind it. We will learn why we reminisce about the past, why that's so important now more than ever, and look at some pictures and clips from decades ago as we remember when times were simpler.

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

## Reel Talk

**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 Rescue

**Wednesday, March 16, 12:00 — 2:00pm**

The Rescue chronicles the enthralling, against-all-odds story that transfixed the world in 2018: the daring rescue of twelve boys and their coach from deep inside a flooded cave in Northern Thailand. Using a wealth of never-before-seen material and exclusive interviews, viewers will witness one of the most perilous and extraordinary rescues in modern times, shining a light on the high-risk world of cave diving, the astounding courage and compassion of the rescuers, and the shared humanity of the international community that united to save the boys.

## 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**

# HEALTH AND WELLNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 STRICTLY SITTING 10:00—10:45am	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

## STRICTLY SITTING: PUNCH CARD

**THURSDAYS, 10:00 — 10:45am**

- INCREASE STRENGTH/FLEXIBILITY
- IMPROVE BALANCE AND EYE COORDINATION
- SLOWER PACED

This seated therapy class will include functional movement at a slower pace through mindfulness, repetition, sequencing and variation to improve cognitive function for daily activities. Strength and flexibility exercises help with hand/eye coordination and balance.



## 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

## March 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**

## MARCH 2022

**PROGRAMS IN BLACK  
ARE IN-PERSON**

	1 ALZHEIMER'S SUPPORT ZOOM	2	3	4 FIRST FRIDAYS
7 OPEN DISCUSSIONS	8 LUNCH & LEARN: BENEFITS OF NOSTALGIA	9 PARKINSONS SUPPORT ZOOM	10	11
14	15	16 REEL TALK	17 ST. PAT'S DINNER PICK-UP	18 DEATH CAFÉ
21	22 LUNCH & LEARN: FRED ROGERS	23	24	25 WINE TASTING
28	29	30	31	