



Ela Township 55+

April, May & June 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

Ela 55+ Mission Statement

Ela Township 55+ is dedicated to providing the highest quality recreational, social and supportive services to adults 55 and older residing in Ela Township. It is our goal to foster a warm environment where individuals can explore and enjoy activities and services designed to meet the needs and enrich the lives of our diverse older adult population.

CENTER CLOSED MAY 30

GENERAL INFORMATION

Join Ela 55+

Must be 55 or older and live in Ela Township

To register: come to the Ela Township Community Center with valid ID and current utility bill

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.

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MEET THE STAFF



Susan Dillon
Community Programs
Director



Jim Dalbec
Assistant Community
Programs Director



Lisa Gaggiano
Resource Specialist



Laura Kulawik
Evening Coordinator



Lynn Neumaier
Registration Specialist



Joseph Cacciatore
Youth Coordinator

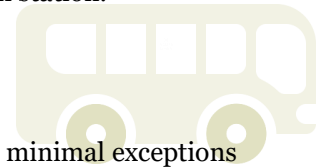
ELA TOWNSHIP BUS SERVICE

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



MASK POLICY UPDATE



Masking is optional throughout the Ela Township Community Center. Please respect each other’s choices when it comes to masking. We are all working through this together. If conditions change, masking policy may change as well.



Our Volunteers are ordinary people with extraordinary hearts! You offer time to answer phones, visit others, work in the kitchen, set up and take down for events, and the list goes on. You expect no pay, yet the VALUE of your work knows no limit. You've planted tiny seeds of love in countless lives! Volunteers are just ordinary people who reach out and take a hand and together make a difference that lasts a life time.

Thank you!

Ela Township Community Center Needs You!

- **Adopt-A-Highway: April 24, 9:00am—11:00am**
- **Reception Desk: Fill in for days off**
- **Kitchen Aide: Plating, serving and washing dishes**
- **Friendly Home Visitor: Provide social visit to those who can't get out**
- **Good Shepherd Hospital: Sew and stuff pillows, make cards, providing hand massages, and more**
- **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!**
- **Bulletin Boards: Help create and maintain throughout Community Center**

Please Sign up on the registration form

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

Pillow Making Workshop

Friday, May 13 10:00am – Noon

Let's stuff, and sew pillows for patients who deserve a little comfort at Good Shepherd Hospital. Good Shepherd Hospital Auxiliary will supply the materials and we will host the workshop here at the Ela Township Community Center.

No Charge Registration Required



Ela Township Lending Closet

Did you know that Ela Township has a Lending Closet?

Here's just a snippet of what we have:



- Walkers (with or without wheels)
- Crutches
- Canes
- Wheelchairs
- Toilet risers
- Shower chairs

Donations of *clean*, gently used equipment are also appreciated. Contact our 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

CENTER CLOSED MONDAY, MAY 30, 2022

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

Fridays: April 15, May 20, June 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



SUPPORT

Alzheimer's Caregivers Support Group

Presented by Alzheimer's Association

Facilitated by Lisa Gaggiano

Tuesdays: April 5, May 3, June 7
7:00–8:00pm

NO CHARGE Registration Required



Parkinson's Support Group

Presented by Parkinson's Foundation

Facilitated by Laura Kulawik

Wednesdays: April 6, May 11, June 8
6:00–7:00pm

NO CHARGE Registration Required



Tech Help with Jim

Have a portable device you are not sure what to do with? Don't have a clue how to use it? Trying to figure out how to download those pictures?

Make an appointment with Jim or Joe for some help with your technology.
All devices must be portable .



CENTER CLOSED MONDAY, MAY 30, 2022

DINE-IN OR TO-GO LUNCHES

Enjoy delicious home-made lunches:

Call or email us at 847-438-9160/jimd@elatownship.org to order by Thursday of the prior week . All lunches are \$5.00 and are picked up curbside or served in person at 11:30am.

Please have exact change or checks ready. All lunches have **DESSERT**.

Guests must indicate dine-in or to go at time of ordering.

WELCOME BACK!

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

Mon, 4/4 Cheese Tortellini w/Italian Sausage, Salad

Tue, 4/5 Swedish Meatballs w/Egg Noodles, Salad

Wed, 4/6 Lemon Parmesan Chicken, Roasted Veggies

Thu, 4/7 **Baked Enchiladas, Rice & Beans**

Fri, 4/8 Baked White Fish w/Parmesan Rosemary, Salad

Mon, 4/11 Italian Sub Sandwich, Chips

Tue, 4/12 **Sloppy Joe's, Macaroni Salad**

Wed, 4/13 Sesame Chicken, Steamed Broccoli

Thu, 4/14 Grilled Pork Loin, Baked Beans

Fri, 4/15 Shrimp Fried Rice, Sesame Green Beans

Mon, 4/18 Grilled Chicken Pesto Sandwich, Tangy Slaw

Tue, 4/19 BBQ Pork Sandwich, Cole Slaw

Wed, 4/20 Chicken Quesadilla, Rice and Beans

Thu, 4/21 Lasagna, Salad & Garlic Bread

Fri, 4/22 Chicken Salad w/Croissant, Fresh Fruit

Mon, 4/25 Meatball Sub, Pasta Salad

Tue, 4/26 **Grilled Ham & Cheese, Pasta Salad**

Wed, 4/27 Italian Sausage & Peppers, Garlic Bread

Thu, 4/28 Spring Quiche, Fresh Fruit

Fri, 4/29 Chinese Pepper Steak, Stir Fry Veggies

Mon, 5/2 Pesto Spaghetti with Zucchini, Salad

Tue, 5/3 Pierogis & Kielbasa, Salad

Wed, 5/4 Chicken Enchiladas, Chips & Salsa

Thu, 5/5 Greek Chicken Thighs, Greek Salad

Fri, 5/6 Grilled Cheeseburger, Veggie Salad

Mon, 5/9 Reuben Sandwich, Chips & Pickles

Tue, 5/10 Chicken Teriyaki, Broccoli

Wed, 5/11 Beef Taco, Rice & Beans

Thu, 5/12 Chicken & Veggie Stir Fry, Rice

Fri, 5/13 Stuffed Shells, Salad, Garlic Bread

Mon, 5/16 Creamy Chicken & Bacon Pasta, Salad

Tue, 5/17 **Pork Fried Rice, Stir Fry Veggies**

Wed, 5/18 Beer Brats, Potato Salad

Thu, 5/19 Chicken Florentine Pasta, Green Salad

Fri, 5/20 Turkey Club Sandwich, Orzo Salad

Mon, 5/23 Orange Ginger Salmon over Rice, Salad

Tue, 5/24 Lemon Vegetable Pasta w/Chicken, Salad

Wed, 5/25 Ham & Scalloped Potato Casserole, Veggies

Thu, 5/26 **Spinach-Feta Chicken Pasta, Salad**

Fri, 5/27 Stuffed Peppers, Salad

Mon, 5/30 **CLOSED FOR MEMORIAL DAY**

Tue, 5/31 Italian Chopped Salad w/ Turkey, Garlic Toast

Wed, 6/1 Slow Cooked Bourbon Chicken, Veggies

Thu, 6/2 Chicken Parmesan over Spaghetti, Salad

Fri, 6/3 Fish Tacos, Corn Salad

Mon, 6/6 Italian Beef Sandwich with Peppers and Salad

Tue, 6/7 **Pulled Chicken over Rice, Mixed Veggies**

Wed, 6/8 Turkey Tetrazzini, Salad

Thu, 6/9 Baked Enchilada, Refried Beans

Fri, 6/10 Cobb Salad with Croissant, Fresh Fruit

Mon, 6/13 Grilled Drumsticks, Mixed Veggies

Tue, 6/14 Baked Mostaccioli, Salad

Wed, 6/15 Sloppy Joe's, Baked Beans

Thu, 6/16 Garden Tuna Salad Sandwich, Chips

Fri, 6/17 Turkey Club Sandwich with Salad

Mon, 6/20 Baked Chicken, Roasted Vegetables

Tue, 6/21 **Beer Brats, Potato Salad**

Wed, 6/22 Beef & Broccoli Stir Fry, Chinese Cabbage

Thu, 6/23 **Cheese Ravioli, Garlic Bread, Green Salad**

Fri, 6/24 Caprese Chicken Panini, Orzo Salad

Mon, 6/27 Thai Chicken Noodles, Zucchini

Tue, 6/28 Pulled Pork, Corn Salad

Wed, 6/29 Chicken Fajitas with all the Fixings

Thu, 6/30 Baked Mostaccioli with Sausage, Green Salad

Fri, 7/1 Italian Sausage on Bread, Pasta Salad



Have some time you can spare? We are looking for kitchen volunteers. See Laura for details.

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

Travel Preview Night

**Monday, June 6
7:00 – 8:00pm**

See all of the awesome places Ela 55+ will be traveling in 2022 and 2023!

Share your ideas of places you would like to travel in the future.

Meet fellow travel enthusiasts.

See photos from previous adventures.

Get a sneak peek at some future trips not yet publicized.

Join us for cocktails and hors d'oeuvres.



Sign up at least one week in advance.

Fee: \$5 Resident/\$10 Non – Resident

Danube Delight River Cruise

**May 5–15, 2022
11 Days 22 Meals**



**DOCUMENT MEETING
THURSDAY, APRIL 28 AT 6:00PM**

**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+.

**CHECK FOR LAST MINUTE CANCELLATIONS
FOR AVAILABILITY**

MASK POLICY UPDATE



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LONG DISTANCE TRAVEL

ELA 55+ EXCLUSIVE IN-HOUSE TRAVEL

THESE TRIPS ARE CREATED AND COORDINATE DIRECTLY FROM ELA 55+ STAFF, NOT AN OUT-SIDE TRAVEL COMPANY; THEREFORE WE ARE ABLE TO OFFER THESE ONE OF A KIND TRIPS AT VERY REASONABLE COSTS.

ALL TRAVELERS MUST REGISTER WITH ELA 55+ AS WELL.

Ladies Only: Harbor Country Michigan

Ela 55+ Exclusive Trip

May 24–26, 2022

INFORMATION MEETING MONDAY, APRIL 11 AT 6:00PM

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

Single \$525 Resident/\$575 Non-Resident
ALL GRATUITIES INCLUDED



- Union Pier
- Winery Tours
- Holland
- All -Single Occupancy
- Deluxe Motorcoach
- Wine Tastings
- Saugatuck
- Historic Mansion Tour
- Catered Breakfasts
- Landmark Inn
- Sawyer Market
- Lake Michigan Views

We will all be so happy to finally be back on our annual Ladies Trip to Harbor Country Michigan. This beautiful lakeside trip will give you a taste of summer that will be sure to entice you to return each year. Guests will be staying at the historic Lakeside Inn, 31 rooms, each with unique features and characteristics. Spend the morning reading on the 100-foot porch facing Lake Michigan. Relax on a private beach, or enjoy the company of the other ladies on this fun-filled trip. Lakeside inn is a registered MI historic site and also on the National Register of historic places and has been a prominent feature of the Harbor Country coastline for over a century.

Discover Door County, Cape Cod of the Midwest

Ela 55+ Exclusive Trip

August 28–September 1, 2022

INFORMATION MEETING MONDAY, APRIL 18 AT 6:00PM

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

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



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

Travelers will not have an opportunity to be bored on this custom-fit trip from Ela 55+. Our en route games, movies and fun will make the time on our deluxe motorcoach pass faster than you can imagine. Accommodations at the Homestead Inn will ensure a comfortable, convenient stay for everyone. Nestled just outside of Peninsula State Park and in the heart of Fish Creek, the Homestead Inn is sure to check all the boxes for an ideal base for our Door County Adventure.

LONG DISTANCE TRAVEL

Spotlight on the French Riviera

September 17—September 25, 2022

9 Days 11 Meals

INFORMATION MEETING TUESDAY, APRIL 19 AT 6:00PM

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

Double \$4,448 Per Person

**USE YOUR LOYALTY DOLLARS &
SAVE \$\$**



- Nice
- Food Tour
- Monaco
- Monte Carlo
- Èze
- Cannes
- Saint-Honorat
- Grasse
- Saint-Jean
- Nice Market
- St. Paul de Vence

Southern Harmony:

Featuring New Orleans & Gulf Coast

November 6—11, 2022

INFORMATION MEETING MONDAY, APRIL 25 AT 6:00PM

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

Double \$2,295 Per Person



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

SNEAK PEEK TO 2023

California Dreamin'

Monterey, Yosemite, Napa & San Francisco

April 30 - May 9, 2023

Double \$3899 Per Person Single \$4899



INFORMATION MEETING WEDNESDAY, May 4 AT 6:00PM

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

A natural paradise since time began, Yosemite National Park is a treasure of the American West. From towering sequoias to peaceful meadow valleys, soaring peaks and thundering waterfalls, there isn't one inch of this 1,200 square mile park that won't leave you in awe.

Book Now & Save \$100 Per Person:

- Monterey
- Scenic 17-Mile Drive
- Yosemite Nat'l Park
- Sacramento
- Lake Tahoe Cruise
- Napa Valley
- Vineyard Tour
- San Francisco

LUNCH & LEARNS

Tuesdays 11:30am – 1:00pm

HAVE A DELICIOUS HOMEMADE LUNCH AND THEN BE ENTERTAINED AND ENLIGHTENED.

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

Price includes lunch

Participants must register one week prior

APRIL

Food and Medication Interactions

Laura Burk

April 12

Various tips and interactions to avoid with food and various medications.



Wonders of the World

Jim Dalbec

April 26

Witness breathtaking wonders, famous and amazing man-made structures, as well as rare and unknown wonders.



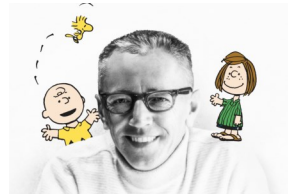
MAY

Charles Schulz

Jim Gibbons

May 17

The life of the genius cartoonist famously known for his creation of the Peanuts comic strip.

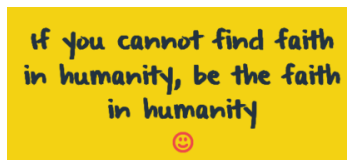


Restoring Faith in Humanity

Jim Dalbec

May 31

Discover our hidden connections on a microscopic level and stories that will REALLY help restore your faith in humanity.



JUNE

Chicago Landmarks and Sites

Clarence Goodman

June 7

Chicago 101. From the milestone architecture to popular visitor destinations to historic sites, it's all here!



Common Misconceptions

Jim Dalbec

June 28

Learn the truth about a few religious myths and misconceptions, everyday mistruths and assumptions.



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.

THINK TANK



Open Discussions

Mondays, April 4, May 9, June 6

12:00 — 1:00pm

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.

April 4: The Problem with Apu (viewing at Community Center)

May 9: The Power of the FED

June 6: The Healthcare Divide

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 no longer than 90 minutes, followed by time for dissection and discussion.

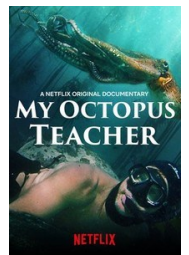
Fee for Each: \$3 Resident/\$5 Non-Resident

Price is per session

My Octopus Teacher

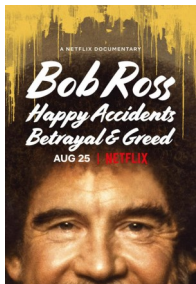
Wednesday, April 20, 12:00 — 2:00pm

Best Documentary Oscar Winner of 2021, *My Octopus Teacher* follows Craig Foster and his unexpected relationship with an octopus. After years of swimming every day in the freezing ocean at the tip of Africa, Craig meets an unlikely teacher: a young octopus who displays remarkable curiosity. Visiting her den and tracking her movements for months on end he eventually wins the animal's trust and they develop a never before seen bond between human and wild animal.



Bob Ross: Happy Accidents, Betrayal & Greed

Wednesday, May 18, 12:00 — 2:00pm

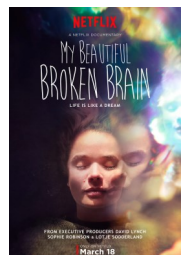


Bob Ross: Happy Accidents, Betrayal & Greed brings us the shockingly untold story of the prolific landscape artist and host of *The Joy of Painting*. With a keen appreciation for nature, and a kind and gentle demeanor, Bob Ross encouraged everyone he met to embrace their creativity and believe in themselves, becoming a cultural phenomenon along the way. The man who famously said that there were no mistakes - just happy accidents - has brought sheer delight to the world for decades. Beyond the iconic hair, soothing voice and nostalgic paintings lies a mystery that many have yet to discover.

My Beautiful Broken Brain

Wednesday, June 15, 12:00 — 2:00pm

My Beautiful Broken Brain is 34-year-old Lotje Sodderland's personal voyage into the complexity, fragility and wonder of her own brain following a life changing hemorrhagic stroke. Regaining consciousness to an alien world, Lotje was thrown into a new existence of distorted reality where words held no meaning and where her sensory perception had changed beyond recognition. This a story of pioneering scientific research to see if her brain might recover - with outcomes that no one could have predicted. It is a film about hope, transformation and the limitless power of the human mind.



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Lunch & Movie Thursdays
11:30am – 2:00pm

Join us for our delicious homemade lunch and then enjoy a movie on our big screen.
You must be signed up at least one week in advance.



April 7: Stan & Ollie
Baked Enchiladas, Rice & Beans
May 26: Dumplin'
Spinach-Feta Chicken Pasta, Salad
June 23: An American Pickle
Cheese Ravioli, Garlic Bread, Green Salad

Fee: \$8 Resident/ \$13 Non – Resident



FRIDAY FUN NIGHTS



An Evening of Magic & Illusion

Friday, April 15
6:30 – 8:00pm

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.

You must be signed up at least one week in advance.

Fee: \$10 Resident/\$20 Non-Resident



April in Paris

Friday, April 29
6:00 – 8:00pm

4- Course Dinner

Baked Brie En Croute, Niçoise Salad, Beef Bourguignon, Crepes Après

Live Music

Cash Bar, with select wine chosen for dinner

This elegant evening will be the most fun you have this Spring!

You must be signed up at least one week in advance.

Fee: \$23 Resident/ \$28 Non – Resident

Spring Training...For Wine Tasting!

Friday, May 27
6:00 – 7:00pm

Let's get back in training! Chardonnay and peanuts, Cracker Jack and Cabernet? Join our group as we explore the latest in wines for 2022. Have some fun, maybe talk a little baseball, but definitely enjoy some delicious wines and snacks. Pick up your 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



Pig Roast

Friday, June 17
6:00 – 8:00pm

Pig Roast, Baked Beans, Au Gratin Potatoes, Salad

Sundae Bar

Cash Bar

You must be signed up at least one week in advance.

Fee: \$22 Resident/ \$27 Non – Resident

Ela 55+ will be closed Monday, May 30, 2022

PROGRAMS & CLASSES

TED Talks

TED Talks: Talks to Stir Your Curiosity

Mondays, 11:00 - 11:30am

April 18: **What Makes a Good Life?** Robert Waldinger

May 16: **How to Spot a Liar**, Pamela Meyer

June 13: **My Stroke of Insight**, Jill Bolte Taylor

TED Talks are videos that present a great idea in 18 minutes or less. **TED** is dedicated to researching and sharing knowledge that matters through short talks and presentations. Our goal is to inform and educate global audiences in an accessible way.

Scientists, researchers, technologists, business leaders, artists, designers and other world experts take the TED stage to present “Ideas Worth Spreading”: valuable new knowledge and innovative research in their fields.

Join us each session to listen and watch to these modern day innovators.

Fee: \$3 Resident/ \$5 Non—Resident

Ideas worth spreading*



Donuts with the Director

Wednesday, April 13

9:00 – 9:45am

It has been so long since we have been able to sit and share ideas, thoughts, concerns and comments. Join Director Susan Dillon to exchange ideas, and eat donuts!

No Charge

Registration is required.



Travel Apps

Wednesday, April 27

Noon—1:00pm

There are dozens of awesome travel apps that'll help you not only channel wanderlust into an experience you'll never forget, but also, save you money.

Fee: \$3 Resident/\$5 Non—Resident



Pack Like a Pro

Monday, May 2

Noon—1:00pm

Tired of cramming things in a suitcase only to find out your missing what you need? Learn how to pack what you need and keep it organized and neat.

Fee: \$3 Resident/\$5 Non—Resident

Shake, Rattle, and Roll with BUNCO!

Thursdays, April 21, May 12, June 16

2:00 – 3:00pm

Join your Ela 55+ neighbors and friends with this new and exciting program. Bunco is a 4-person dice game that anyone can learn. Bring a friend ... or two, we will provide everything else...including **PRIZES!**

Fee: \$3.00/ Pay at the door Registration Required.

Ela 55+ will be closed Monday, May 30, 2022



PROGRAMS & CLASSES



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!

Improv Playhouse Theater

Friday, April 1

7:15 – 10:00pm

Meet at Ela Community Center to carpool

Fee: \$13 Resident/\$16 Non-Resident

Walker Brothers Café

Friday, May 6

10:00am–12:00pm

767 S. Rand Road, Lake Zurich

Self Pay

Pizza & Movie

Friday, June 3

6:00 – 9:00pm

Ela Township Community Center

Fee: \$10 Resident/\$13 Non-Resident

Registration is required

Fee must be paid at time of Registration

Farmhouse Felt Wreath

Thursday, April 28

2:00 – 3:30pm



Spruce up you front door with this on-trend wreath.

No sewing or gluing, just fold and pin in place.

Fee: \$25 Resident/\$30 Non-Resident

Sign up at least one week in advance.

Air Plant Wall Craft

Thursday, June 2

2:00 – 3:30pm



Walk away with a decorative wall hanging with live air plants that will liven up your home. Easy and fun.

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

Sign up at least one week in advance.



ELA Library FORGE Makerspace

275 Mohawk Trail, Lake Zurich, IL 60047

Tuesday, June 21

10:00 – 11:00am

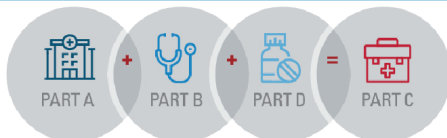
Crafters, tinkerers, and inventors will enjoy learning about the DIY equipment available for use in this space and will create custom craft during our visit.

No Ela Library card required.

No Charge Sign up at least one week in advance.

UNDERSTANDING

Medicare



The Basics of Medicare

Wednesday, June 22

Noon–1:00pm

Are you turning 65? New to Medicare? Or just have questions about Medicare. Join Lisa and Laura as they explain and navigate Medicare Parts A, B, C, D, MediGap and Medicare Advantage plans. **No Fee**

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.

MENS PROGRAMS

Macho Man Exercise Class
Wednesdays
1:00 – 1:45pm



Come join in our MEN ONLY exercise class. This class is a fun filled exercise class utilizing chairs, standing moves, cords and weights. This is a great way to become stronger, improve balance and coordination plus have fun while exercising to music.

Punch Card Class. See Health & Wellness page.

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

Bagger

Fridays Noon – 1:00pm

Immediately following, “Men of Genius,” come play some Bagger in our Activity Room. We have the boxes and bags, all you need to bring is your aim!

Registration is required. No Charge

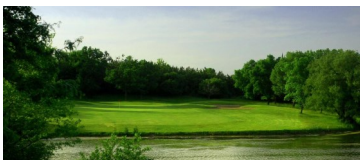
MENS TRIPS



Phase Three Brewing Company
932 Donata Ct. Lake Zurich
Friday, April 22, 3:00pm

Phase Three Brewing has grown from two leased tanks to a modern 21,000 square facility. We will enjoy their spacious Beer Garden, try some beers, and also have the option to have food delivered from Kooker’s. Come alone or bring a friend, let’s try some beer!

Self-Pay and Self-Drive



Golf at Highland Woods

Monday, May 23, 7:50am—1:00pm

Time to hit the links and play 18 at Highland Woods Golf Course in Hoffman Estates. We will be able to get in a full round of golf and anyone interested can get lunch in the area afterward. Tee times start at 7:50am.

FEE: \$35 Resident / \$40 Non—Resident (Ride for \$5 Extra) LUNCH IS ON YOUR OWN



Top Gun: Maverick and Lunch at Fresh Stack Burger Co.

Fresh Stack Burger Co & Century Cinemas in Deer Park

Friday, June 3, TIME TBD

First we’ll go out for a burger at Fresh Stack Burger Co. Then, we’ll head over to the movies for Top Gun: Maverick. After more than thirty years of service as one of the Navy’s top aviators, Pete Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him.

FEE: \$7 Resident / \$10 Non—Resident (Ride for \$5 Extra)

LUNCH IS ON YOUR OWN

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 NEW! 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.



A Walk In The Park
Cuba Marsh,
Tuesdays & Thursdays, 8:30 — 9:30am

Come enjoy the peaceful and calm setting of Cuba Marsh. Walkers will meet at the information sign in the parking lot of Cuba Marsh Entrance (Cuba Road and Ela Road) . To respect everyone's busy schedule, we leave promptly at 8:30am. We will walk for about 60 minutes (depending on weather and conditions of the path).

Registration is required.

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.



DAY TRIPS



Anderson Japanese Gardens Rockford, IL Wednesday, June 8 9:00am – 3:00pm

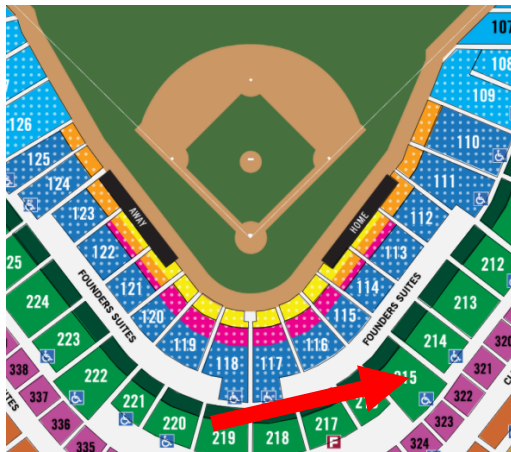
Construction of Anderson Japanese Gardens began in 1978, when Rockford businessman John Anderson was inspired by a visit to the Portland Japanese Garden in Oregon. With the ongoing assistance of renowned Master Craftsman and designer Hoichi Kurisu, the Andersons' swampy backyard along Rockford's Spring Creek was transformed into a Japanese-style landscape. From groundbreaking to today, the placement of every rock, alignment of every tree, and layout of all paths has been made with careful consideration by Mr. Kurisu. In 1998, John and Linda Anderson donated the Gardens as a supported organization to the Rockford Rotary Charitable Association. It now exists as a not-for-profit entity and continues to grow and change to this day. Learn about these beautiful gardens as you enjoy a docent-led tour. Enjoy the rich history and remarkable gardens and how they came to be.

Next, step out of Rockford and into Sweden...Stockholm that is. Technically it will be the Stockholm Inn, where you will enjoy an authentic Swedish buffet lunch, complete with lingonberries.

Fee includes deluxe motorcoach transportation, Stockholm Inn lunch, Anderson Garden tour and driver's tip.

Fee: \$55 Residents/\$65 Non-Residents

Arrive at the Ela Township Community Center at 8:45am to pick up your lanyard.



Chicago Cubs vs. Milwaukee Brewers

**Wednesday, July 6, 1:10pm Game
Depart at 11:00am – 6:00pm Approx. Arrival**

Baseball is back! Join the fun bus as we sneak across the border to the home of the Cubs' rivals to the north, the Milwaukee Brewers. Enjoy seats behind Home Plate and even with the 3rd Base line in Section 215! We will travel via a comfy coach bus to Miller Stadium for a 1:10pm game. Please note that due to the nature of our trip, i.e., extra innings... the return time is approximate. Snacks and water will be provided on your bus ride to and from the game.

Arrive at the Ela Township Community Center at 11:00am to pick up your lanyard. Registration while space is available. Fee includes deluxe motorcoach transportation, admission into ballpark and driver's tip.

Fee: \$100 Resident / \$110 Non-Resident



CUISINE CLUB

D&J Bistro

**Thursday, May 19 at 1:00pm
466 N. Rand Rd, Lake Zurich
847-438-8001**



Always one of our most popular Cuisine Clubs, D & J Bistro is nothing but the best! So close to home, yet you will feel like you are dining in a quaint French bistro. The chef and wait staff will delight us with a phenomenal feast and exquisite service. Once at D&J a limited menu will be available for you to make your selection. Lunch entrée, soup, salad, desserts, coffee, tea, soft drinks, and gratuity are all included.

Fee: \$35 Resident / \$40 Non-Resident



Ela University is our latest effort to further engage our Members. We are looking to create a Course Catalog with various classes including (but not limited to): Learning a Foreign Language, History, Photography, Psychology, Science, Playing an Instrument, Writing, and many others. Classes may be held weekly, biweekly, or monthly. Instructors will be either staff, professional instructors, or volunteers. ...**NO EXAMS....NO GRADES...NO PRESSURE**



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

A Matter of Balance
Wednesdays, April 6 — May 25
12:00 — 2:00pm

Recognized by the American Public Health Association and the National Council on Aging, the Matter of Balance program is designed to reduce falling and improve activity levels among older adults. The training

will focus on changing attitudes, setting realistic goals for increasing activity, changing the environment to reduce falls and promoting exercise to increase strength and balance. This class is for **ANYONE** who has a concern about falling or has fallen in the past, restricts activities due to a fear of falling, or anyone who would like to improve their flexibility, balance, and strength.

By the end of this 8-week program, participants can expect to feel comfortable: Managing their concern of falls, setting realistic goals to improve activity levels, and setting up a safe environment in order to reduce the risk of falls.

No Fee.

Registration is required.

5 Wishes...Made Easy and Completed

Thursdays, April 14– June 30

10:00 — 11:00am

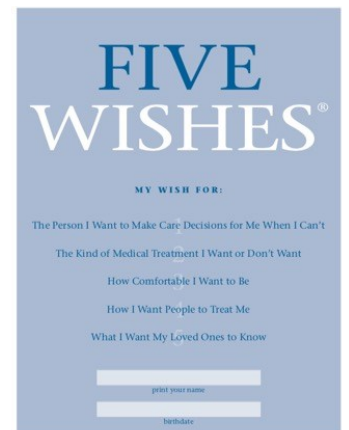
April 14: *The Person I Want To Make Care Decisions For Me When I Can't*

April 28: *The Kind of Medical Treatment I Want or Don't Want*

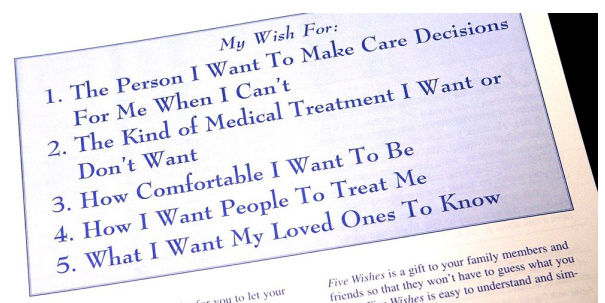
May 5: *How Comfortable I Want to Be*

June 9: *How I Want People To Treat Me*

June 30: *What I Want My Loved Ones To Know*



5 Wishes, the Advanced Care Directive Living Will, is the most user-friendly and legally binding form that you can fill out. We all **KNOW** that we need to complete this task, yet none of us seems to make the time. **NOW** is the time. In this 5-week course, you will learn all of the information needed for completion. Not only will you learn what 5 Wishes is, you will be given time each class to actually complete *your* forms. Ela 55+ knows how important this is, that is why we are offering this program over the span of 3 months. Do not procrastinate any longer!



Fee For Entire Course: \$10 Resident/\$ 20 Non-Resident
Registration is Required. No Pro-Rating

CLASSES & CLUBS



AARP Safe Driving

Thursday and Friday, June 23 & 24, 9:00am—1:00pm

Completion of this two-day driving technique course often provides savings on car insurance rates. Participants must attend both days to be eligible for a class certificate.

Fee: \$20 AARP members/\$25 Non—Members Make check payable to AARP. Registration is required.

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

Ukulele Club

1st and 3rd Tuesdays

1:00 — 2:00pm

We meet weekly to sing and play ukuleles together, and to develop our ukulele skills. All skill levels are welcome, and we will teach any beginners. We'll even lend you a ukulele to get started! You are welcome to sit in on any of our meetings to see if you'd like to join our fun and friendly group!

No Fee

Senior Book Discussion

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



Future discussions are on hold until a replacement can be found for Christy's position. We look forward to returning to this program in the near future.



Lifestory Writing

Wednesdays: April 20, May 18, June 22

10:00 — 11:30am

Preserving your stories can record family memories that might otherwise be lost. You can learn new insights about your family, not to mention the benefits of cognitive function and the joy of reliving some of your life's moments.

Join the NEW revamped Lifestory Writing to dedicate time and effort into preserving life's events, big or small, for your benefit or your loved ones. Don't worry about grammar, deadlines or significance. This is your chance to stop putting off writing your stories.

Fee: \$5 Resident / \$10 Non — Resident (Per Month) Registration is required.

Podcasts

Thursday, June 2

12:00—1:00pm

A podcast is a radio show on the internet that you can listen to whenever you'd like to tune in. Podcasts can feature topics of interest to specific listeners, like true crime aficionados or folks focused on fashion, sports, technology or a variety of other topics. Almost like a short book on tape, learn about how to access these gems that everyone seems to be into.

Fee: \$3 Resident / \$5 Non—Resident Registration is required.



YOUTH PROGRAMS



Meet Joseph Cacciatore, Ela Township Youth Coordinator. Joe is in charge of several programs that are designed to keep kids engaged, active and social. Here are some of the Ela Township Youth Department Programs that run throughout the year.

If you have any questions, call Joseph Cacciatore at **847-438-9160** or email him at youth@elatownship.org.



Ela Township Shooting Stars Summer Camp JUNE 6—AUGUST 10

Shooting Stars Summer Camp is a healthy, safe, and fun camp that engages kids and gives parents a much-needed break. Camp is about making new friends, engaging kids in daily activities such as games and crafts, and having fun! Shooting Stars Summer Camp will be following all social distancing safety guidelines. The goal of Shooting Stars Summer Camp is to provide children with a safe environment where they enjoy themselves and make lasting memories.

When? Mondays through Fridays from 8:30 am – 4:30 pm

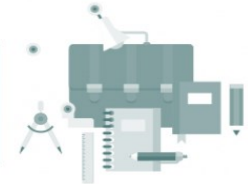
Where? Knox Park, 1155 E. Route 22, Lake Zurich, IL 60047

Cost: \$125 per week, per child

Want to volunteer with our Youth Department? We are looking for help Monday thru Friday from 3:00 - 4:00 at our Homework Club Program. We are looking for help setting up snack and homework time help. If you can help out a day or two a week, please contact Joseph Cacciatore, 847-438-9160, youth@elatownship.org.

Ela Township Homework Club

Homework
Club



2022-2023

Homework Club is an after-school program offered to the youth in our township. Children engage in daily activities such as completing homework, playing games, making crafts, and building friendships. The goal of Homework Club is to provide children with a safe and enjoyable environment for them to grow academically and socially.

When? After school on Mondays through Fridays until 5:30 pm, *when* Lake Zurich CUSD 95 is in session

Where? Ela Township Community Center, 380 Surryse Road, Lake Zurich, IL 60047

Cost? \$60 per month, per child

Safe Sitter and Safe@Home

Safe Sitter is a program designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings or babysitting. This class is filled with fun games and role-playing exercises. By the end of this day-long program, students will cover safety skills, child care skills, first aid and rescue skills, and life and business skills. **Safe@Home** is a new program designed for children in grades 4-6 to prepare them to be safe when they are home alone. This 90-minute program that teaches how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies.



SAFESITTER

**WANT TO HELP WITH THE KIDS? HAVE A TALENT, SKILL, SERVICE YOU CAN SHARE?
WE ARE ALWAYS LOOKING FOR FRESH IDEAS. CONTACT YOUTH DEPARTMENT**

APRIL 2022

				1 First Fridays
4 Open Discussions	5 Alzheimer's Support	6 Matter of Balance Parkinson's Support	7 Lunch & Movie	8
11 Ladies Trip Info Meeting	12 Lunch & Learn	13 Donuts w/Director Matter of Balance	14 5 Wishes	15 Magic & Illusion
18 TED Talk Door County Info Meeting	19 French Riviera Info Mtg	20 LifeStory Writing Reel Talk Matter of Balance	21 Bunco	22 Men's Trip
25 Southern Harmony Mtg	26 Lunch & Learn	27 Travel Apps Matter Of Balance	28 Craft 5 Wishes Danube Doc Meeting	29 April in Paris

MAY 2022

2 Pack Like A Pro	3 Alzheimer's Support	4 Matter of Balance California Info Mtg	5 5 Wishes Danube River Cruise	6 First Fridays Danube River Cruise
9 Open Discussions Danube River Cruise	10 Danube River Cruise	11 Matter of Balance Parkinson's Support Danube River Cruise	12 Bunco Danube River Cruise	13 Pillow Making Workshop Danube River Cruise
16 TED Talk	17 Lunch & Learn	18 LifeStory Writing Reel Talk Matter of Balance	19 D&J Bistro	20
23 Men's Trip	24 Ladies Only Michigan	25 Matter of Balance Ladies Only Michigan	26 Lunch & Movie Ladies Only Michigan	27 Wine Pairing
30	31 Lunch & Learn			

JUNE 2022

		1	2 Podcasts Craft	3 First Fridays Men's Trip
6 Open Discussions Travel Preview Night	7 Lunch & Learn Alzheimer's Support	8 Anderson's Gardens Parkinson's Support	9 5 Wishes	10
13 TED Talk	14	15 Reel Talk	16 Bunco	17 Pig Roast
20	21 FORGE	22 LifeStory Writing Basics of Medicare	23 Lunch & Movie AARP Safe Driving	24 AARP Safe Driving
27	28 Lunch & Learn	29	30 5 Wishes	

Ela Township 55+
380 Surryse Road
Lake Zurich, IL 60047

PRSR STD
U.S. POSTAGE
PAID
MILWAUKEE, WI
PERMIT NO. 530

Ela Township Contacts

Ela Township Community Center

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

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

Lisa Gaggiano, Senior Resource Specialist
lisag@elatownship.org

Laura Kulawik, Senior Resource Specialist
laurak@elatownship.org

Joseph Cacciatore, Youth Coordinator
youth@elatownship.org

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 Health & Wellness

1155 E. Route 22, Lake Zurich, IL. 60047 | 847-540-8380

Ela Township Youth Services

380 Surryse Road, Lake Zurich, IL. 60047 | 847-438-9160

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

Penny Herr, Assessor

Larry Bowman, Trustee

Joel Sikes, Trustee

Tosi Ufodike, Trustee

Laurie Wilhoit, Trustee



Mark Your Calendar

» UPCOMING EVENTS

Adopt-a-Highway

Sunday, April 24

April in Paris

Friday, April 29

Annual Pig Roast

Friday, June 17

Basics of Medicare

Wednesday, June 22

Door County

August 28 - September 1