



# Ela Township 55+

*July, August and September 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**

## **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 July 4 and September 5***

# 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.**

### MEET THE ELA COMMUNITY CENTER STAFF



**Susan Dillon**  
Community Programs  
Director



**Jim Dalbec**  
Assistant Community  
Programs Director



**Joseph Cacciatore**  
Youth Coordinator



**Lisa Gaggiano**  
Resource Specialist

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**Lynn Neumaier**  
Registration Specialist



**Barb Orchard**  
Day Trip/Event Specialist



**Laura Kulawik**  
Evening Coordinator

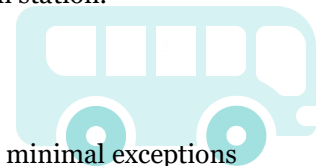
### ELA TOWNSHIP BUS SERVICE

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!**

- **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](mailto:laurak@elatownship.org)*

### **Pillow Making Workshop**

**Friday, August 12, 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 July 4 and September 5***

# 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, September 16, 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: July 5, August 2, September 6  
7:00—8:00pm**

**NO CHARGE    Registration Required**



### Parkinson's Support Group

*Presented by Parkinson's Foundation*

*Facilitated by Laura Kulawik*

**Wednesdays: July 13, August 10, September 14  
6:00—7:00pm**

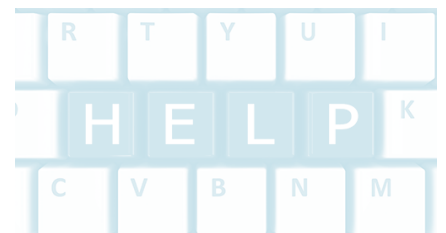
**NO CHARGE    Registration Required**



### 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 July 4 and September 5**



## ***DINE-IN***

### ***Enjoy delicious home-made lunches:***

All lunches are included in the program and served in person at 11:30am.

All lunches have **DESSERT**.

***The daily lunch program will resume as soon as a chef is ascertained. We will post on our webpage and Facebook page.***

### ***Lunches Featured for Lunch & Learns and Lunch & Movie***



**Tue, 7/12** Caprese Chicken Sandwich, Summer Slaw

**Tue, 7/26** Hawaiian Pulled Pork, Corn Salad

**Tue, 8/16** Summer Chicken Salad, Fresh Croissant

**Tue, 8/30** Chicken Enchiladas, Pico de Gallo & Chips

**Tue, 9/13** Cheeseburger, Macaroni Salad

**Tue, 9/20** Chicago Style Italian Sausage, Pasta Salad

**Thur, 7/21** Chicken Tacos, Rice & Beans

**Thur, 8/18** Italian Beef Sandwich, Pasta Salad

**Thur, 9/22** Chicago Hot Dog Bar, Chips



### **Secretary of State Rules of the Road**

**Friday, August 19, 1:30 — 3:30pm**

Feel the need to brush up on those driving rules before you renew your license? This is the class for you. Led by an Illinois Secretary of State instructor, this session will clarify new rules as well as reinforce and remind you of all the current laws.

**No Charge. Registration is required.**

### **HOUSING EXPO**

**Ela Township Community Center**

**Friday, August 5**

**3:00 — 6:00pm**



Don't miss your opportunity to explore all things related to housing. Exhibitors will include the full spectrum of housing facilities; from independent to skilled care, realtors that specialize in helping seniors, companies that modify your current home to enable you to stay, medical equipment companies that can accommodate your special needs, companies that will come in and help you sort, declutter or even prepare for moving, and even home meal delivery.

**Registration is required.**

# LONG DISTANCE TRAVEL

## WHY GROUP TRAVEL?:

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

## Discover Door County, Cape Cod of the Midwest

August 28—September 1, 2022

**DOCUMENT MEETING THURSDAY, AUGUST 11 AT 6:00PM**

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

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



**THIS TRIP IS FULL! WAITLIST ONLY**

## Spotlight on the French Riviera

September 24—October 2, 2022

9 Days 11 Meals

FOR MORE INFORMATION, SEE SUSAN DILLON

**DOCUMENT MEETING MONDAY, SEPTEMBER 12, AT 6:00PM**

Double \$4,448 Per Person

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



**USE YOUR LOYALTY DOLLARS & SAVE**

## Southern Harmony:

Featuring New Orleans & Gulf Coast

November 6—11, 2022

**INFORMATION MEETING WEDNESDAY, AUGUST 10 AT 6:00PM**

Double \$2,295 Per Person

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



**2023**

## California Dreamin'

Monterey, Yosemite, Napa & San Francisco

April 30—May 9, 2023

Double \$3899 Per Person Single \$4899

**INFORMATION MEETING WEDNESDAY, AUGUST 24 AT 6:00PM**

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.

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



**Book Now & Save \$100**

# 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**

## JULY

*Robin Williams*  
*Michelle Gibbons*  
**July 12**

*Jump into the life and mind of the comic genius, Robin Williams and learn about his personal struggles & achievements.,.*



*Do We Have Free Will?*  
*Jim Dalbec*  
**July 26**

*Some philosophers think free will is a figment of our imagination. We will try to answer the question once and for all: do we really have free will?*



## AUGUST

*The Trials of Mary Todd Lincoln*  
*Lynn Rymarz*  
**August 16**

*Follow Mary Todd Lincoln's journey from Springfield to the White House to an insane asylum.*



*Who REALLY Killed MLK Jr.?*  
*Jim Dalbec*  
**August 30**

*James Earl Ray was arrested for killing Martin Luther King Jr., but many weren't convinced. Discover who REALLY killed MLK Jr.*



## SEPTEMBER

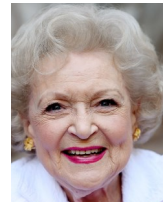
*Amazing Coincidences*  
*Jim Dalbec*  
**September 13**

*Learn about some of the most bizarre coincidences that have occurred, try to examine why they happen, and what it means.*



*Betty White*  
*Jim Gibbons*  
**September 20**

*One of the first women in front and behind the camera with a career spanning more than seven decades.*



# CARDS & BINGO

**Participants must register for ALL games.**

**Bridge: Tuesdays, 12:00pm — 3:00pm**

People of all skill levels are encouraged to come to this fun filled 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!



# THINK TANK



## Open Discussions

**Mondays, July 11, August 8, September 12**

**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.*

**July 11: Putin's Road to War**

**August 8: The Gun Store**

**September 12: Does Systemic Racism Exist?**

**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**

## Fireboys

**Wednesday, July 20, 12:00 — 2:00pm**

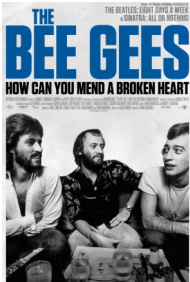
The untold story of young men incarcerated in California who are offered a way out by fighting wildfires. In the era of mass incarceration, do programs like the one at Pine Grove represent a shift from retribution towards rehabilitation? Or are fire camps manipulating a vulnerable population of laborers in order to address an environmental crisis? Fireboys attempts to offer an accurate view into two people's experiences, both positive and negative, as they navigate the challenges of coming of age inside the American criminal justice system.



## The Bee Gees: How Can You Mend a Broken Heart

**Wednesday, August 17, 12:00 — 2:00pm**

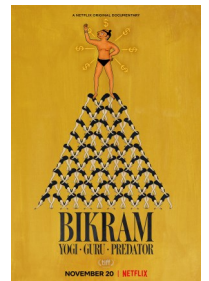
Directed by Academy Award–nominated filmmaker Frank Marshall, this film is a gratifying, conventional, heartfelt documentary that tells the story of one of the great pop groups, and it explores the question of where, exactly, the Bee Gees fit into the pop firmament. How deep was their greatness? Follow the Brothers Gibb: Barry, Maurice, and Robin, better known as the Bee Gees, from their early fame in the 1960s and meteoric rise to a storied career in which they wrote more than 1,000 songs, including 20 number one hits.



## Bikram: Yogi, Guru, Predator

**Wednesday, September 21, 12:00 — 2:00pm**

An Indian immigrant with a Beverly Hills base, Bikram Choudhury was a born entertainer, known for dressing in nothing more than a black speedo and a Rolex. His teaching style was tough love sprinkled with salty language and punctuated by spontaneous bursts of singing. His followers hailed him for helping them to gain confidence, lose weight, and overcome physical ailments through his specialty of hot yoga. He built a franchise empire with hundreds of Bikram studios around the world. Filmmaker Eva Orner traces Choudhury from his rise in the 1970s to his disgrace in accusations of rape and sexual harassment in more recent years.



### MASK POLICY UPDATE



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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.**



**July 21: A League of Their Own**  
*Chicken Tacos, Rice & Beans*

**August 18: What About Bob?**  
*Italian Beef Sandwich, Pasta Salad*

**September 22: Greater**  
*Chicago Hot Dog Bar, Chips*

**Fee For Each: \$8 Resident/ \$13 Non — Resident**



## FRIDAY FUN NIGHTS

### Friday Night Concerts on The Patio

*Enjoy music and comradery with a fun concert here at the Ela Community Center.*

**Chris O'Brien**  
**Friday, July 15**  
**6:30—8:00pm**



*Cash bar, light snacks, great music!*

**Register at least one week in advance.**  
**Fee For Each: \$10 Resident / \$15 Non—Resident**



**Mark Dvorak**  
**Friday, August 19**  
**6:30—8:00pm**

### Zoom Summer Cocktails

**Friday, July 22**  
**6:00 — 7:00pm**

Time to put down the wine glass and enjoy a fun summer cocktail...or four! Pick up your cocktails and charcuterie curbside at the center at 2:00, then join us via zoom at 6:00pm as we unpack these summer delights.

Sign up at least one week in advance.

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



### 9th Annual Door County Fish Boil

**Friday, August 12**  
**6:00 — 8:00pm**

**Fish Boil**

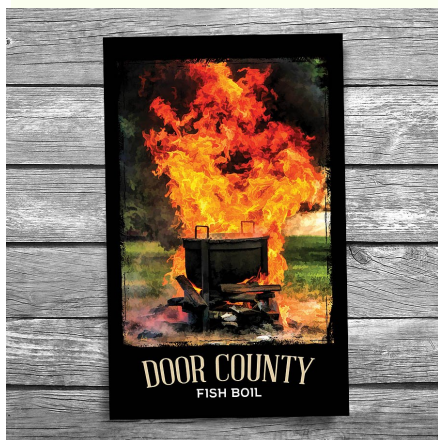
*Includes: Fish, BBQ Chicken, Potatoes, Cole Slaw, Rye Bread, Apple Squares*

**Big Fun**

**Cash Bar**

**Sign up by August 5**

**Fee: \$25 Resident/ \$30 Non — Resident**



### Oktoberfest

**Friday, September 30**  
**6:00 — 8:00pm**

Prost! Join us for this traditional fall harvest festival.  
Dinner, Music, Beer...who needs more than that?

*Beer brats, sauerkraut, potato salad...and of course, German chocolate cake!*

**Sign up by September 23. Cash Bar**

**Fee: \$20 Resident/\$25 Non — Resident**



**CENTER CLOSED July 4 and September 5**

# PROGRAMS & CLASSES

## TED Talks

### TED Talks: *Talks to Stir Your Curiosity*

**Mondays, 11:00—11:30am**

July 18: **Do Schools Kill Creativity?** Sir Ken Robinson

August 22: **I Grew Up in a Cult. It was Heaven and Hell** Lilia Tarawa

September 19: **The Power of Vulnerability** Brené Brown

**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\**



### **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!*

**Registration is required**

**Fee must be paid at time of Registration**

### **Feed My Starving Children**

**Friday, July 1**

**9:00 — 10:45am**

742 East Park Ave, Libertyville, IL 60048

**No Fee**

### **Dockers on Fox Lake**

**Friday, August 5**

**11:30am—1:00pm**

33 W. Grand Ave, Fox Lake

**Self Pay Lunch**

### **Chinese Food & A Movie**

**Friday, September 2**

**6:00 — 9:00pm**

Ela Township Community Center

**Fee: \$13 Resident/\$15 Non—Resident**

### **Infused Oil Craft**

**Thursday, August 11**

**2:00 — 3:30pm**



Create three infused oils to use in your own cooking or give as a hostess gift. These will be a great drizzle to add to so many dishes.

**Fee: \$20 Resident/\$25 Non—Resident**

**Sign up by August 4**

### **Alcohol Ink Bowl Craft**

**Thursday, September 15**

**2:00 — 3:30pm**



Walk away with a decorative dish for a coffee table that will liven up your home. Each dish will be unique.

**Fee: \$20 Resident/\$25 Non—Resident**

**Sign up by September 8**

### **Shake, Rattle, and Roll with BUNCO!**

**Thursdays, July 28, August 25, September 29**

**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.**



**CENTER CLOSED July 4 and September 5**

## 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**

### Baggo

#### Fridays Noon — 1:00pm

Immediately following, “Men of Genius,” come play some Baggo 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



### Civil War Museum and Trolley Dogs in Kenosha, WI Monday, July 25, 9:00am—2:00pm

The Civil War Museum focuses on the seven states of the Midwest. They sent over one million men to serve in the Union army in addition to much of the food and raw materials.

Through the use of personal stories and narratives, we’ll hear these stories firsthand. Then we’ll grab lunch on the way back at Trolley Dogs.

**Arrive at Ela Community Center at 8:45am**

**FEE: \$20 Resident / \$25 Non—Resident (Ride Included) LUNCH IS ON YOUR OWN**

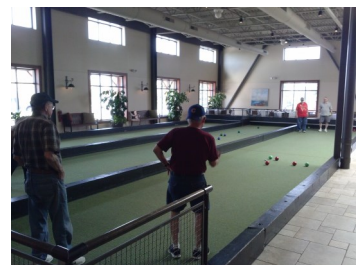


### Pinstripes: Bocce Ball, Bowling & Lunch Buffet Monday, August 15, 12:00—3:00pm

Join Jim and the guys at Pinstripes in South Barrington for some grub and fun. There will be bowling, bocce ball, and a buffet including pizza, salad, and soft drinks! **Arrive at Ela Community Center at 11:30 am**

**FEE: \$12 Resident and Non—Resident (Ride \$5 Extra)**

**LUNCH, BOCCE BALL, & BOWLING IS INCLUDED**



### Dunn Museum and Clucker’s Charcoal Chicken Tuesday, September 27, 10:00am—1:00pm

The Dunn Museum's collections, which comprise nearly 20,000 artifacts and 1,000 linear feet of archival materials, are securely housed in a modern environmentally controlled care and storage facility. After touring the museum, we will enjoy some of the best chicken Lake County has to offer at Clucker’s Charcoal Chicken.

**Arrive at Ela Community Center at 9:30 am**

**FEE: \$8 Resident / \$13 Non—Resident (Ride Included)**

**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 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



### Chicago Cubs vs. Milwaukee Brewers

Wednesday, July 6, 1:10pm Game

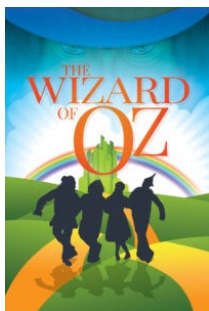
Depart at 11:00am — 6:00pm Approx. Arrival

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.**

**Fee: \$100 Resident/\$110 Non—Resident** Fee includes deluxe motorcoach transportation, admission into ballpark and driver's tip.



### Fireside Theater: Wizard of Oz

Ft. Atkinson, WI

Thursday, August 4

9:00am — 5:00pm

Over ten generations have grown up loving this classic tale of an enchanted land. Now The Fireside Theater brings you an exciting stage adaptation of this legendary musical. It's all there – the good witch, wicked witch, cowardly lion, tin man, scarecrow, and the young girl from Kansas in search of home. It's a show for the entire family filled with eye-popping costumes, rib-tickling humor, breath-taking adventure, and an immortal musical score including the favorite hit song "Over the Rainbow."

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

Fee includes deluxe motorcoach transportation, Lunch and Performance at Fireside Theater, and driver's tip.

**Fee: \$95 Resident/ \$105 Non—Resident Register by July 15.**



### Black Point Estate and Garden Tour

Lunch at Popeye's

Wednesday, September 7, 9:00am — 5:00pm

We will take a 45-minute narrated boat tour from Lake Geneva to Black Point Estate and take in the stunning views from the veranda. A 90-minute docent tour will guide us into

the life of German immigrant and Chicago beer baron, Conrad Seipp, as he built one of the finest examples of Queen Anne architecture. The Estate holds one of the most intact collections of Victorian furnishings in the Midwest. Note, the second floor of the mansion is stair accessible. Be sure to stroll through the beautiful perennial garden. After touring the Estate we're headed to Popeye's for their 'World Famous' broasted chicken. All beverages are cash bar.

**Arrive at the Ela Community Center at 9:00am for your lanyard.**

**Fee: \$90 Resident / \$100 Non—Resident** Fee includes docent tour, lunch, deluxe motorcoach transportation, and driver's tip.



## CUISINE CLUB



### La Hacienda

21520 W. Field Parkway, Deer Park  
Wednesday, July 27 at 12:00pm

The finest in Mexican food and drinks since 1976, La Hacienda has been a local favorite for years! We will be dining on the Grande Combo Buffet includes corn tortilla tacos with grilled skirt steak, chicken enchiladas, mini burritos with beef, bean and cheese. Spanish rice, refried beans and sour cream. Fried Ice Cream for dessert. Soft drinks included. Cash Bar.

**Fee: \$30 Resident / \$35 Non—Resident**



### Emmett's Brewing Co.

110 N. Brockway St., Palatine  
Thursday, September 15 at 12:00pm

1 of 3 locations, Emmett's brewhouse is just 40 feet from the tap that fills your glass. Get a tour of the brewery and then enjoy your choice of 3 different entrees: Country Rigatoni with Italian Sausage, Brewhouse Angus Burger, or Fish & Chips. All entrees include soup or salad and dessert. Soft drinks included. Cash Bar.

**Fee: \$35 Resident / \$40 Non—Resident**

# CLASSES & CLUBS

## Guitar Club

2nd and 4th Tuesdays

1:00 — 2:00pm

The Guitar Group meets the 2nd and 4th Tuesdays of the month to sing, play guitar together and develop our guitar skills. Newcomers are welcome if they have their own guitar. Anyone is welcome to just sit in and listen

**No Fee**

## 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, just bring your own ukulele. 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**



## Lifestory Writing

Wednesdays: July 20, August 17, September 21

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.**

## UNDERSTANDING

# Medicare



## The Basics of Medicare

Thursday, September 8

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.

**Contact Lisa Gaggiano, [lisag@elatownship.org](mailto:lisag@elatownship.org) or Laura Kulawik, [laurak@elatownship.org](mailto:laurak@elatownship.org).**



## Donuts with the Director

Thursday, September 8

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.**

# YOUTH PROGRAMS AGES 5-13



Meet Joe 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 Joe Cacciatore at **847-438-9160** or email him at [youth@elatownship.org](mailto: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

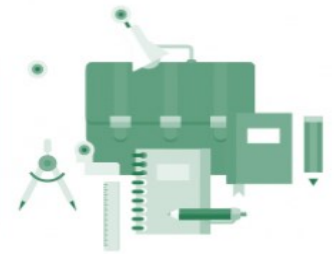
## **Ela Township**

### **Homework Club**

**2022-2023**

**Starts in August**

Homework  
Club



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 Programs**

**Safe Sitter Essentials** 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'RE ALWAYS LOOKING FOR FRESH IDEAS. CONTACT THE YOUTH DEPARTMENT**

# July Registration Form

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

**Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_**

**Exp. Date** \_\_\_\_/\_\_\_\_/\_\_\_\_ **V-Code** (\_\_\_\_)

## SIGN UP FOR YEAR

[illegible]

**PAYMENT AMOUNT:** **CHECK**



# August Registration Form

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

**Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_**

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

**SIGN ME UP FOR E-NEWSLETTER** \_\_\_\_\_

[illegible]

**TOTAL:**

**PAYMENT AMOUNT:**\_\_\_\_\_ **CHECK**\_\_\_\_\_

# September Registration Form

**Any credits issued will go into your virtual wallet.**

## SIGN ME UP FOR E-NEWSLETTER

[illegible]**TOTAL:**

**PAYMENT AMOUNT:** **CHECK**

## JULY 2022

				1 First Fridays
4 CENTER CLOSED	5 Alzheimer's Support	6 CUBS VS. BREWERS	7	8
11 Open Discussions	12 Lunch & Learn	13 Parkinson's Support	14	15 Concert on the Patio
18 TED Talk	19	20 LifeStory Writing Reel Talk	21 Lunch & Movie	22 Zoom Summer Cocktails
25 MEN'S TRIP	26 Lunch & Learn	27 <i>La Hacienda</i>	28 BUNCO	29

## AUGUST 2022

1	2 Alzheimer's Support	3	4 <i>WIZARD OF OZ</i>	5 First Fridays HOUSING EXPO
8 Open Discussions	9	10 Parkinson's Support Southern Harmony Info	11 Craft  Door County Doc Mtg.	12 Pillow Workshop FISH BOIL
15 MEN'S TRIP	16 Lunch & Learn	17 LifeStory Writing Reel Talk	18 Lunch & Movie	19 Rules of the Road Concert on the Patio
22 TED Talk	23	24  California Dreamin, Info	25 BUNCO	26
29 <i>DOOR COUNTY</i>	30 Lunch & Learn <i>DOOR COUNTY</i>	31 <i>DOOR COUNTY</i>		

## SEPTEMBER 2022

			1 <i>DOOR COUNTY</i>	2 First Fridays
5 CENTER CLOSED	6 Alzheimer's Support	7 <i>BLACK POINT ESTATE</i>	8 DONUTS W/ DIRECTOR BASICS OF MEDICARE	9
12 Open Discussions Riviera Doc. Mtg.	13 Lunch & Learn	14 Parkinson's Support	15 Craft <i>Emmett's Brewing</i>	16 Death Café
19 TED Talk	20 Lunch & Learn	21 Reel Talk LifeStory Writing	22 Lunch & Movie	23
26 <i>FRENCH RIVIERA</i>	27 MEN'S TRIP <i>FRENCH RIVIERA</i>	28 <i>FRENCH RIVIERA</i>	29 BUNCO <i>FRENCH RIVIERA</i>	30 OKTOBERFEST <i>FRENCH RIVIERA</i>

**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

### ***Cubs vs. Brewers***

July 6

### ***Concerts on the Patio***

July 15 & August 19

### ***Wizard of Oz***

August 4

### ***Black Point Estate***

September 7

### ***French Riviera***

September 24– October 2