



Ela Township 55+

October, November and December 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 – 7:00pm

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 OCTOBER 13, 14; NOVEMBER 11, 24, 25; DECEMBER 23, 26

GENERAL INFORMATION

Join Ela 55+

Membership to Ela 55+ is free to ALL adults 55 and older that reside within 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.

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



Corey Pilkington
Nutrition Specialist

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Laura Kulawik
Evening Coordinator



Lynn Neumaier
Registration Specialist

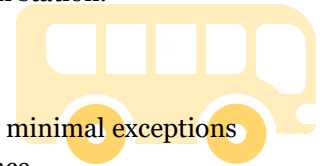


Barb Orchard
Day Trip/Event Specialist

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



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.

YOUTH PROGRAMS



Meet Joseph Cacciatore, Ela Township Youth Coordinator. Joe runs 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 Homework Club 2022-2023 Kindergarten - 5th Grade



Homework Club is our after-school program offered to the youth in Ela 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 **\$50 Registration Fee Per Family**

Do you have 1-2 spare hours each week? Your help could make a huge impact on our program. Help kids read, test their math skills with flash cards, or just join in a game with them. If you can help out a day or two a week, please contact Joseph Cacciatore, 847-438-9160, or by e-mail at youth@elatownship.org.

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.

Class Dates: September 11, November 19, January 21, & March 11 Fee: \$60pp

Safe@Home is 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.

Class Dates: September 14, December 10, & February 17 Fee: \$25pp

*All classes need minimum of 8 participants.



Have some craft supplies laying around, that you think the kids might have a blast using? The Youth Department is looking for some extra supplies for their crafts this upcoming year! Items can include: empty paper towel rolls tubes, empty egg cartons, and all other crafting items kids love!

Winter Break Camp



Ela Township Winter Break Camp is a 9 day exciting camp where participants will have daily field trips, crafts, play group games, and much more! The goal of Winter Break Camp is to provide children with a fun, safe environment, where they can take their mind off of the return to school, and make new friends, and many memories. Camp will be following all social distancing safety guidelines that are set in place.

Winter Break Camp takes a maximum of 48 campers daily, and it is a first come, first served basis. You must be a resident of Ela Township to attend.

Who? Kids in Kindergarten—6th grade that reside in Ela Township

When? December 27-30, January 3-6, and January 9

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

Cost? \$50 per day per child

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.



- *SNAP (Food stamp program)*
- *Benefit Access Program/Discount on license plates and Ride Free RTA pass*
- *Senior Health Insurance Counseling and Education (SHIP)*
- *Pharmaceutical Assistance Program*
- *Extra Help/Medicare Savings Program Screening and Application Assistance*
- *Trained by the Illinois Department on Aging*
- *As always, SHIP counseling is FREE!*

Call to schedule your telephone, zoom or in person appointment. 847-438-9160
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**

SUPPORT

Alzheimer's Caregivers Support Group

Facilitated by Lisa Gaggiano

Tuesdays: October 4, November 1, December 6
7:00—8:00pm at Ela Area Library 2nd floor

This is a safe place for caregivers, family and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.



No Charge Registration suggested/walk-ins welcome

Parkinson's Support Group

Facilitated by Laura Kulawik

Wednesdays: October 12, November 9, December 14
6:00—7:00pm Ela Township Community Center

Open to those diagnosed with PD, family and friends and caregivers.

Being part of a support group can be one of the most effective ways to reduce stress while connecting with others who relate to your experiences. Care partners and family members benefit by sharing questions and concerns with like-minded others. Join us to share resources, education and first hand experiences.



No Charge Registration Required

Death Café

Friday, October 21, 12:30 — 2:00pm

For most of us, death is a taboo and uncomfortable subject. All are invited to engage in what will hopefully be an enjoyable and connected experience in considering what it means to be mortal. Join us for a thoughtful discussion about the end of life and share your experiences, thoughts, and fears about death in a relaxed setting. **No Charge Registration Required**



CENTER CLOSED OCTOBER 13, 14; NOVEMBER 11, 24, 25; DECEMBER 23, 26

SERVICES & EVENTS

MEDICARE & YOU

Medicare Open Enrollment

October 15—December 7, 2022
Schedule your Appointment Today!

847-438-9160

Lisa Gaggiano, lisag@elatownship.org

Laura Kulawik, laurak@elatownship.org

We love the challenge of trying to save you \$\$\$\$

EVERYONE with a Medicare drug plan should use this time to be sure their drug plan is still the most cost effective for 2023!

Trained by the Illinois Department on Aging, we have a wealth of information available for all who are eligible for Medicare.

Wednesday Evening Appointments

5:30—7:00pm

Every Wednesday evening during Open Enrollment, there will be several SHiP counselors available at the Ela Township Community Center to help with your enrollment.

Open Enrollment 101

Wednesday, October 5

6:00—7:00pm

What is open Enrollment and does it apply to me? Do you know what Medicare drug plan you are on? We will cover in depth terms like PDP, Formulary, coverage gap, deductible and show you why it is so important to check your drug coverage every year at this time.

No Fee Registration Required

UNDERSTANDING

Medicare



FLU & PNEUMONIA VACCINE CLINIC

Friday, October 7

8:30am—Noon



Here are the rules:

- Only those with an appointment will be accepted, no walk-ins
- Call 847-438-9160 October 3—5 to schedule your appointment and indicate vaccine type.
- You **MUST** bring your insurance card
- **EVERY REGISTRANT WILL RECEIVE A 10% OFF GROCERY COUPON FROM JEWEL!**



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?
Got an issue with your phone?*

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

SPECIAL EVENTS

WALK TO END ALZHEIMER'S

Join Team

Ela 55+

SATURDAY, OCTOBER 1, INDEPENDENCE GROVE, LIBERTYVILLE

Ceremony at 9:30am/ Walk starts at 10:00am

Not able to walk?...then help our team meet a goal of raising \$1,000.

DONATE at the Ela Township Community Center.

All donation checks should be made payable to the Alzheimer's Association.

Want to join the Ela 55+ Team? Contact Jim AT 847-438-9160 OR JIMD@ELATOWNSHIP.ORG



Veterans Day Luncheon

Thursday, November 10

11:30am – 12:30pm

Ela Township Community Center

Lunch menu: Honey Spiral Ham, Navy Potatoes,
Homemade Baked Mac n' Cheese, Salad & Dessert

Free for all veterans who sign up! All other guests: \$10 Res/ \$15 Non-Res
Registration deadline is November 3.

ALL VETERANS: PLEASE BRING A PHOTO OF YOURSELF FROM WHEN YOU WERE IN SERVICE, ANY MEMORABILIA, AND OF COURSE, YOUR STORIES.



Friendsgiving Lunch

Thursday, November 17

Noon—1:00pm

Join your friends at Ela 55+ for our 2nd annual **Friendsgiving**.

Friendsgiving is a combination of friends + Thanksgiving. *Friendsgiving* is when we come together with our besties to celebrate being thankful and each other's company.

Enjoy turkey, with all its trimmings, mashed potatoes, dressing, roasted vegetables, field green salad and....a pie bar!

Fee: \$15 Resident/\$20 Non-Resident Cash Bar Participants must register by November 10.



New Year's Eve Dinner Pick-Up

Friday, December 30

CURBSIDE PICK UP AT 12pm

Enjoy an exquisite New Year's Eve dinner without having to dirty a single pan or drive at crazy hours. Pick up your meals curbside at noon and simply heat up to enjoy later in the evening. Instructions included.

Dinner Menu: Lamb Osso Bucco over Polenta w/ Red Wine Sauce, Winter Vegetables, Winter Greens Salad, Crusted French Bread, Flourless Chocolate Cake with Raspberry Coulis

Fee: \$15 Resident/\$22 Non-Resident



Participants must register one week prior

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.



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: Afternoon Shifts Needed. 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**
- **Driving Homework Club Bus: 14 Passenger, no CDL required**

*Please Sign up on the registration form
Contact Laura Kulawik at 847-438-9160, laurak@elatownship.org*

Pillow Making Workshop

Friday, November 4, 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)
- Wheelchairs
- Crutches
- Toilet risers
- Canes
- 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

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MURDER ON THE ORIENT EXPRESS

Murder on the Orient Express

Drury Lane Theater
Thursday, October 20, 2022
10:00am – 5:30pm

Just after midnight, a snowdrift stops the Orient Express in its tracks. The train is surprisingly full for the time of year but by morning it is one passenger less. An American tycoon lies dead in his compartment, stabbed a dozen times, his door locked from the inside. Isolated and with a killer in their midst, detective Hercule Poirot must identify the murderer in case he or she decides to strike again!

Before the performance, guests will dine in the Drury Lane's award winning restaurant. Guests should choose their entrée between, 1) Rotolo di Pasta House Made Marinara, Herbed Green Beans 2) Lemon and Herb Crusted Cod Roasted Garlic Mashed Potatoes, Herbed Green Beans 3) Roasted Turkey, Roasted Garlic Mashed Potato with Turkey Gravy, Herbed Green Beans, Stuffing, Cranberry Sauce 4) Lucille Burger Double Patty Prepared Medium, Dijonnaise, Pickle, Onion, American Cheese, Brioche Bun, French Fries

Meal selection and registration by September 27, 2022

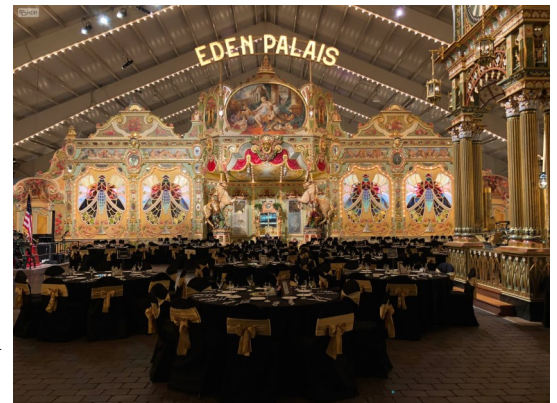
Arrive at the Ela Township Community Center at 9:45 am to pick up your lanyard
Fee includes deluxe motor coach transportation, theater, ticket lunch and drivers tip
Fee \$130 Resident/ \$140 Non-Resident



Sanfilippo & Consume

Wednesday, November 2
11:00am – 6:00pm

We begin in the main residence viewing and learning about the Sanfilippo Collection of automated music machines, their history, restoration efforts, as well as the opulent details of the residence's French Second Empire setting. The tour includes hearing a representative selection of music machines. Popular selections include early Edison and Victrola Phonographs (Talking Machines), Barrel Organs, Disk Players, Roll Orchestrions, Violin Machines such as the 1922 Hufeld Phonoliszt-Violina which plays the piano and three violins, American Nickelodeons, Reproducing Pianos including a Steinway Duo-Art (a George Gershwin favorite) and more. Our Docent-Guided Tour is approximately 3 hours.



This walking and learning will surely build up an appetite. Next, we head to *Consume* in Lake Zurich for a late lunch. *Consume* is a chic, relaxed gastropub offering craft beers & spirits, plus seasonal New American fare. You will be able to choose from the following small menu.

- A) Pan Seared Atlantic Salmon Served with a Quinoa, Lentil, Arugula, Bell Pepper Salad Tossed In Blueberry and Jalapeno Vinaigrette**
- B) Traditional Burger, Grass-Fed Beef with Lettuce, Tomato, Onion, Pickle & Mayonnaise**
- C) Risotto and Quinoa Cakes, Pan Seared with Beurre Blanc Sauce. Served with Pasta Salad**
- D) Sous-Vide Fried Chicken with Asparagus**

Gratuity, Soft drinks and ice-cream dessert included. Cash Bar

Arrive at the Ela Township Community Center at 10:45 am to pick up your lanyard.

Fee: \$72 Resident / \$82 Non-Resident

Fee includes school bus transportation, admission, docent led tour, lunch and driver's tip.



DAY TRIPS



Intergenerational Trip

The Wizard of Oz
Marriott Lincolnshire
Wednesday, December 28
10:00 – 11:00am

Relive the classic tale of four unlikely friends on the adventure of a lifetime! Join Dorothy, the Cowardly Lion, Tin Man and Scarecrow (and little Toto too) as they journey down the yellow brick road to the magical Emerald City. Featuring the classic songs "Follow the Yellow Brick Road," "Ding Dong the

Witch is Dead," and "Somewhere Over the Rainbow," THE WIZARD OF OZ will remind you that there really is "no place like home". A special one-hour presentation for kids (and parents) of all ages! All performances followed by a Question & Answer session with the cast.

*Participants are responsible for their own transportation, carpooling is encouraged.
Tickets may be picked up at the Ela Township Community Center 1 week prior to the performance.*

\$13 each first 4 tickets/\$15 all subsequent tickets
Ticket purchase is first come first served.

\$15/ticket for Non—Resident

CUISINE CLUB



Chicago Culinary Kitchen
Wednesday, October 12 at 11:30am
2391 N. Hicks Road, Palatine
847-701-8243

BBQ is an artisan craft & requires commitment. Meats are delivered fresh & great care is taken when they prepare each cut to be smoked in their Ole Hickory Smokers. They use kiln-dried cherry wood in order to impart the delicious & natural sweet smoky flavor while encouraging a rich mahogany color. Their hand-crafted meats are smoked daily to serve hot, fresh BBQ every day! Great BBQ is not fast food nor is it cheap! This amazing BBQ buffet will consists of Brisket, Ribs, Chicken and 2 sides with a non-alcoholic beverage. Cash bar.

Register by October 3rd.

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

Ristorante Bottaiò
Wednesday, November 9 at Noon
946 N Milwaukee Ave, Libertyville, il
847-573-1800

Come meet us in Libertyville as we enjoy delicious Italian cuisine. For starters, we will have an antipasto assortment of cured meats, cheeses and grilled veggies to pass with Italian Bread. We will then move onto a House salad before our choice of entrée: Rigatoni Bolognese, Eggplant Parmesan or Pollo Picatta. Soft drinks, coffee and tea are included. We are ending this delicious meal with home made Tiramisu. This is going to be MAGNIFICO. CHI DORME NON PIGLIA PESCI (you snooze you loose). Cash bar.
Fee: \$32 Resident / \$37 Non—Resident

Ristorante
Bottaiò

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



Civil War Museum and Trolley Dogs in Kenosha, WI
Tuesday, October 18, 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

Top Golf

2050 Progress Pkwy, Schaumburg, IL

Tuesday, November 8, 10:30am – 12:30pm

You don’t have to be an avid golfer to enjoy Top Golf. Fun for both beginners and experts, we’ll enjoy one of the Game Bays where there are 5 different games offered. The price includes all the games that we choose and guests can order lunch from their extensive menu on their own.

Arrive at Ela Community Center at 10:15am.

FEE: \$15 Resident / \$20 Non–Resident (Ride for \$5 Extra) LUNCH IS ON YOUR OWN



BBQ'd Productions Sports Bar & Grill
405 N Rand Rd, Lake Zurich, IL 60047
Thursday, December 15, 12:00–1:30pm

BBQ’d Productions got its’ unlikely start in Kris Schoenberger’s backyard with his love of entertaining friends and family at his routine and highly attended cookouts. Starting with a single trailer as a mobile catering company, BBQ’d Productions now has 3 locations. We will be enjoying our lunch at the Lake Zurich location.

FEE: LUNCH IS ON YOUR OWN (Ride for \$5)

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 YOGA 6:00—6:45pm	INTERVAL TRAINING 9:00—9:45am	MORNING MOVERS 9:00—9:45am NO CHARGE MACHO MAN 1:00—1:45am	CARDIO STRENGTH 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**

PLEASE BRING A WATER BOTTLE AND WEAR CLOSED TOE ATHLETIC SHOES

MORNING MOVERS: NO CHARGE

MONDAYS, WEDNESDAYS, FRIDAYS 9:00 — 9:45am

SEATED AND/OR STANDING

INCREASE MOBILITY & FLEXIBILITY

STRENGTH

Designed for all levels of fitness to improve strength, endurance and flexibility. The class alternates between low impact aerobic movements to strength workouts improving lower and upper-body strength. Morning Movers is a Silver Sneakers Circuit Level class, but you don't have to be enrolled in Silver Sneakers to participate. Build cardio endurance and burn calories, while improving quality of life.

YOGA: PUNCH CARD



MONDAYS, 6:00 — 6:45pm

IMPROVE FLEXIBILITY

STRENGTHEN CORE

MUST BE ABLE TO GET UP AND DOWN FROM FLOOR

Come enjoy a style of yoga where the breath is linked to movement. This class will direct attention to alignment, will build flexibility, balance and strength. This is a guided class with centering, gentle warm up, sun salutations, standing poses, gentle backbends, twists, cool down, and savasana. The class is suitable for students at all levels.

INTERVAL TRAINING: PUNCH CARD

TUESDAYS, 9:00 — 9:45am

SEATED AND/OR STANDING

STRENGTH WITH SPURTS OF CARDIO

Simple and traditional strength exercises that will improve your overall strength and posture. This total body workout is great for improving your upper and lower body's strength, balance, coordination, and power. Exercises can be preformed seated and/or standing.

MACHO MAN: PUNCH CARD

WEDNESDAYS, 1:00 — 1:45pm

MEN ONLY

CARDIO/CORE STRENGTH

BUILDING MUSCLE/FLEXIBILITY

Increase your strength, balance, flexibility and coordination through a series of strength exercises. Start building muscle with various exercise equipment that will work back, chest, arms, legs, and core. Finish your workout with customized stretching to loosen over-worked and tight muscles. All exercises can be preformed seated and/or standing and all levels are welcome.

CARDIO STRENGTH: PUNCH CARD

THURSDAYS, 9:00 — 9:45am

CORE STRENGTH, BALANCE, AND COORDINATION

HIGH/LOW HEART RATE BODY MOVEMENTS

Bring your energy for some cardio burst intertwined with traditional strength training exercises. This is a great beginner class to incorporate some cardio into your day that raises your heartrate to improve your overall endurance. This class consist of a 10 minute warm up, 20 minutes of cardio and strength, and 15 minutes of a seated cool down with core.

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.

RESTORATIVE YOGA: PUNCH CARD

FRIDAYS, 10:00 — 10:45am

IMPROVE FOCUS, FLEXIBILITY & IMMUNITY

LOWER BLOOD PRESSURE

REDUCE STRESS

Restorative Yoga is a style of yoga that uses yoga props - bolsters, blankets, blocks and straps to make all yoga poses gentle and accessible to everyone. The goal of restorative yoga is to bring balance to body and mind. Restorative Yoga helps with emotional and physical stress as well as improving immunity, lowering blood pressure, increasing flexibility and overall wellness.

CENTER CLOSED OCTOBER 13, 14; NOVEMBER 11, 24, 25; DECEMBER 23, 26

DINE-IN OR CURBSIDE PICK-UP 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 \$6.00 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 and CANNOT switch.

Mon, 10/3 Grilled Pesto Chicken, Sweet Potato Mash

Tue, 10/4 Muffuletta, Cole Slaw & Pickle

Wed, 10/5 Pumpkin Seed Crusted Whitefish, Grilled Veggies

Thu, 10/6 Italian Meatballs w/Red Sauce, Pasta Salad

Fri, 10/7 Turkey Pot Pie Casserole, Green Salad

Mon, 10/10 BBQ Chicken and Grilled Corn

Tue, 10/11 Fall Turkey Salad on Croissant, Fresh Fruit

Wed, 10/12 Pork Stir Fry over Rice, Sesame Slaw

Thu, 10/13 CENTER CLOSED

Fri, 10/14 CENTER CLOSED

Mon, 10/17 Italian Beef with Sweet Potato Fries

Tue, 10/18 Chicken Teriyaki over Rice, Stir Fry Veggies

Wed, 10/19 Ham & Potato Au Gratin, Roasted Veggies

Thu, 10/20 Veggie Stuffed Peppers, Fall Green Salad

Fri, 10/21 Chicken Gyros, Greek Salad

Mon, 10/24 Creamy Garlic Chicken, Roasted Veggies

Tue, 10/25 Fettuccine Alfredo, Caesar Salad

Wed, 10/26 Lemon Pepper Whitefish, Sauteed Broccoli

Thu, 10/27 Turkey Lasagna, Garlic Bread, Green Salad

Fri, 10/28 Panzanella, Fresh Fruit

Mon, 10/31 Beer Brats with Roasted Potatoes

Tue, 11/1 Chicken Salad with Croissant and Fresh Fruit

Wed, 11/2 Pasta Primavera with Garlic Bread, Green Salad

Thu, 11/3 Salisbury Steak and Roasted Veggies

Fri, 11/4 White Wine Chicken and Orzo Salad

Mon, 11/7 Chicken Fajitas with Spanish Rice

Tue, 11/8 Beef Stroganoff with Egg Noodles, Green Salad

Wed, 11/9 French Onion Soup and Sourdough Bread

Thu, 11/10 VETERANS DAY LUNCHEON

Fri, 11/11 CLOSED—VETERANS DAY

Mon, 11/14 Swedish Meatballs, Egg Noodles, Salad

Tue, 11/15 Chicken & Creamy Orzo, Greek Salad

Wed, 11/16 Chili con Carne and Cornbread

Thu, 11/17 FRIENDSGIVING LUNCHEON

Fri, 11/18 Beer Marinated Pork Tenderloin, Veggies

Mon, 11/21 Jambalaya and Cheddar Biscuits

Tue, 11/22 Chicken Pot Pie and Salad

Wed, 11/23 Crispy Sweet and Sour Pork with Stir Fry Veggies

Thu, 11/24 CLOSED—THANKSGIVING

Fri, 11/25 CLOSED—THANKSGIVING

Mon, 11/28 Sloppy Joes and Baked Beans

Tue, 11/29 Curry Chicken & Rice with Lentil Salad

Wed, 11/30 Ginger Salmon over Rice, Steamed Spinach

Thu, 12/1 Pork Tenderloin Au Poivre & Red Potatoes

Fri, 12/2 Lasagna with Garlic Bread and Caesar Salad

Mon, 12/5 Turkey Burgers, Sweet Potato Fries

Tue, 12/6 Pork & Egg Rice Bowl with Ginger Cole Slaw

Wed, 12/7 Shrimp & Pesto Pasta with Green Salad

Thu, 12/8 Beef Stew and Home Baked Rolls

Fri, 12/9 NO LUNCH SERVICE/JINGLE BALL

Mon, 12/12 Cobb Salad with Croissant, Fresh Fruit

Tue, 12/13 Korean Beef Tacos and Asian Cucumber Salad

Wed, 12/14 Butternut Squash Soup and Fresh Salad

Thu, 12/15 Chicken Marsala over Pasta with Veggies

Fri, 12/16 Kielbasa & Pierogis with Sauerkraut

Mon, 12/19 Mushroom Risotto and Spinach Salad

Tue, 12/20 Meatball Sub, Pasta Salad

Wed, 12/21 Chicken & Stuffing Casserole with Roasted Veggies

Thu, 12/22 Pork & Ale Stew with Fresh Baked Bread

Fri, 12/23 CLOSED—CHRISTMAS EVE

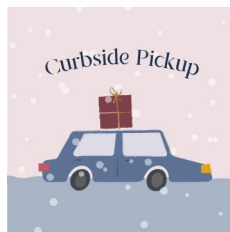
Mon, 12/26 CLOSED—CHRISTMAS

Tue, 12/27 Eggplant Parmesan with Caesar Salad

Wed, 12/28 Chicken Enchiladas with Spanish Rice

Thu, 12/29 Sausage & Gnocchi Alfredo and Roasted Veggies

Fri, 12/30 NYE DINNER PICK-UP



New Year's Eve Dinner Pick-Up

Friday, December 30

CURBSIDE PICK UP AT 12pm

Enjoy an exquisite New Year's Eve dinner without having to dirty a single pan. Pick up your meals curbside at noon and simply heat up to enjoy later in the evening. instructions included.

Dinner Menu: Lamb Osso Bucco over Polenta, Winter Vegetables, Winter Greens Salad, Crusted French Bread, Flourless Chocolate Cake with Raspberry Coulis

Fee: \$15 Resident/\$22 Non-Resident

Participants must register one week prior

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

LUNCH & LEARNS

Tuesdays 11:30am – 1:00pm

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

Fee per session: \$12 Resident/\$17 Non-Resident

Price includes lunch

Participants must register one week prior

October

War in the South Pacific

Jim Gibbons

October 11

Discover the events that took place in the South Pacific that were some of the bloodiest in history. Battles include The Battle of Iwo Jima, Okinawa, the attack on Pearl Harbor and more.



Halloween: Spirits and Séances

Rebecca Tulloch

October 25

Victorian Spiritualism was fueled by over 600,000 dead Civil War soldiers, and their loved ones searching for comfort. Learn how mediums talked to the spirits and participate in a friendly séance.



November

Lincoln and Thanksgiving

Kevin Wood

November 13

Mr. Lincoln shares the story of how our annual observance of Thanksgiving holiday first occurred during his Presidency. It is a reminder that despite whatever difficulties arise, we have many reasons to be thankful.



Chicago Family Mafia Secrets

Tim Wilsey

November 29

Mafia Historian, Tim Wilsey, brings a former mobster and shares the unbelievable story of his introduction into The Chicago Outfit; his role and the relationship with his infamous father. Don't miss Frank Calabrese Jr as he brings us into the life.



December

A Path To Everest

Joel Schauer

December 13

Come listen to Hawthorn Woods native Joel Schauer discuss what led to him climbing and ultimately reaching the summit of Mt. Everest.



Christmastime in Chicago

Clarence Goodman

December 20

From Christkindl market to the Marshall Fields windows, join Clarence Goodman as he delves into Chicago's Holiday traditions and contributions.



CARDS & BINGO

<u>MONDAY</u>	<u>TUESDAY</u>	<u>THURSDAY</u>
CANASTA 10:00—11:30am OPEN FOR ALL	POKER 9:00—11:00am PINOCHLE 10:00—11:30am BRIDGE 12:00—3:00pm GAMES OPEN FOR ALL	BINGO 12:00—1:30pm OPEN FOR ALL

PARTICIPANTS MUST REGISTER FOR ALL GAMES



Ela University is our effort to further engage our Members. These are 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

The Road to Happiness

Wednesdays: 10:00 – 11:00am

This 8-week course is a shortened version of the most popular class ever taught at Yale University, “Psychology and the Good Life.” Join Jim as we explore what new results in psychological science teach us about how to be happier, how to feel less stressed, and how to flourish more. We’ll then have a chance to put these scientific findings into practice by building the sorts of habits that will allow us to live a happier and more fulfilling life.

Meeting Dates

October 5: Week #1

October 12: Week #2

October 19: Week #3

October 26: Week #4

November 2: Week #5

November 9: Week #6

November 16: Week #7

November 23: Week #8

Fee For Entire Course: \$10 Resident/\$ 20 Non-Resident

Participants are encouraged to attend all sessions.
Registration is Required. No Pro-Rating



Confucius, Buddha, Jesus and Muhammad: A Comparative Study

Join Jerry Leitner for this limited series. Confucius, Buddha, Jesus, and Muhammad are among the most influential persons in history. They are honored for the examples of their lives, their insights into the human condition, their teachings on ultimate reality, and the religious movements they inspired. In this two-part series, we investigate their message and mission, their struggles and achievements, and their lasting impact on the world.

Monday, October 10

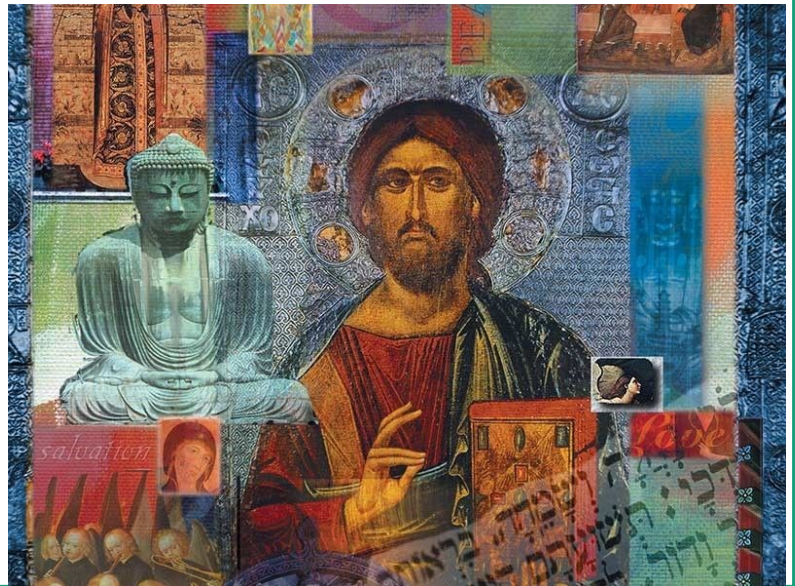
Monday, October 17

Noon – 1:00pm

Fee For Entire Course:

\$5 Resident/\$ 10 Non-Resident

Participants are encouraged to attend all sessions.
Registration is Required. No Pro-Rating



THINK TANK



Open Discussions

Mondays, 12:00 — 1:00pm

Each month members watch a brief documentary on their own and then join Jim Dalbec to have open, honest discussions. Topical, sometimes controversial, issues are covered; from Mental Health to Racism to Pollution.

October 3: Chicago At The Crossroad

November 7: Ten Dollar Trip: The Fentanyl Crisis

December 5: The Rise of Mega-Corporations

No Fee Registration is required.

TED Talks: Talks to Stir Your Curiosity

Mondays, 11:00 - 11:30am

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

October 24: **Our Dangerous Obsession with Perfectionism is Getting Worse**, Tom Curran

November 14: **The World Needs All Kinds of Minds**, Temple Grandin

December 12: **Reconnecting with Compassion**, Krista Tippett

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.

Fee: \$3 Resident/ \$5 Non—Resident

TED Talks

Reel Talk

Flex your mental muscle as together, we take in a documentary followed by a round table discussion. Documentaries will cover a variety of topics no longer than 90 minutes, immediately followed by time for dissection and discussion.

Crazy, Not Insane

Wednesday, October 26, 12:00 — 2:00pm

From Ted Bundy to Joel Rifkin, serial killers have fascinated Dr. Dorothy Otnow Lewis. This film from Oscar-winning filmmaker Alex Gibney is a portrait of a woman willing to reach inside the darkest places of the criminal mind. Featuring Dr. Lewis' literary voice read by Laura Dern, the film reveals how she helped change the laws and the approach of death penalty lawyers.

The Cold Blue

Wednesday, November 16, 12:00 — 2:00pm

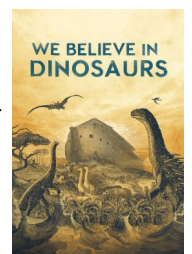
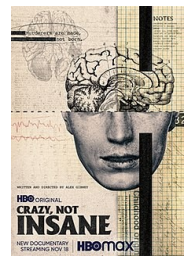
In 1943, legendary Hollywood director William Wyler and his film crew flew combat missions on B-17 bombers to document the fierce air battles of World War II. Over 70 years later, the footage was discovered in the vaults of the National Archives. After painstaking, shot-by-shot sound and picture restoration, director Erik Nelson has constructed a new film out of the material.

We Believe in Dinosaurs

Wednesday, December 14, 12:00 — 2:00pm

Amid protests and controversy, an enormous, \$120 million, "life-size" Noah's Ark was built in Kentucky with the specific aim of debunking the Theory of Evolution. The goal was to prove the earth is only 6,000 years old and that the Bible is scientifically accurate. We Believe In Dinosaurs explores the complicated relationship between science and religion by peering into one of the most prominent cultural "bubbles" in the United States today.

Fee for Each: \$3 Resident/\$5 Non—Resident Price is per session



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!

Goebberts Pumpkin Farm

Friday, October 7 9:00am – Noon
40 W. Higgins Road, South Barrington
Fee: \$17 Resident/\$20 Non-Resident
Registration is required.

Joanie's Pizzeria & Long Grove Confectionary

Friday, November 4 Noon – 3:00pm
235 Robert Parker Coffin Road, Long Grove
Self Pay
Registration is required.

Holiday Cheer and Cookie Exchange

Friday, December 2 6:00 – 8:00pm
Celebrate a year of friendship with dinner, conversation and cookies! Ela Township Community Center
Fee: \$10 Resident/\$13 Non-Resident
Registration is required.



Donuts with the Director

Monday, October 17
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.

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

Join us for our delicious homemade lunch and then enjoy a movie on our big screen.

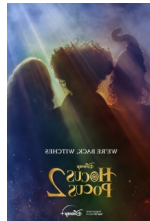
You must be signed up at least one week in advance.
Fee: \$9 Resident/ \$14 Non – Resident



October 6: Hocus Pocus 2

Italian Meatballs w/Red Sauce, Pasta Salad

Three young women accidentally bring back the Sanderson Sisters to modern day Salem and must figure out how to stop the child-hungry witches from wreaking havoc on the world. **PG** Stars Bette Midler, Sarah Jessica Parker, Kathy Najimy



November 3: American Underdog

Salisbury Steak and Roasted Veggies

The story of NFL MVP and Hall of Fame quarterback Kurt Warner, who went from stocking shelves at a supermarket to becoming an American Football star. **PG** Stars Zachary Levi, Anna Paquin



December 8: Where the Crawdads Sing Beef Stew and Bread Sticks

A woman who raised herself in the marshes of the deep South becomes a suspect in the murder of a man she was once involved with. **PG-13**
Stars Daisy Edgar-Jones, Taylor John Smith, Harris Dickinson



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 meeting virtually until further notice.

Books will only be distributed to patrons that register for the Senior Book Group.

Carnegie's Maid, By: Marie Benedict
Monday, December 19
10:00 – 11:30 am



PROGRAMS & CLASSES

Fall Door Hanger

Tuesday, October 18

2:00 – 3:30pm



Spruce up your front door this fall. We will create this using a vinyl application from a Cricut Machine. Embellish to create your look.

All supplies are provided.

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

Sign up at least one week in advance.

Pedorthist

Wednesday, November 30

1:00 – 2:00pm



A Pedorthist (peh-DOR-thist) is a health care professional who is specifically educated and trained to guide you through what footwear, orthotic or shoe modification will help your goal of better body balance. Jeffrey A. Seidman C.Ped, has twenty years of experience building custom orthotics for a huge array of foot problems including heel spurs, plantar fasciitis, diabetic issues, neuropathy and more. Come with questions, leave with answers.

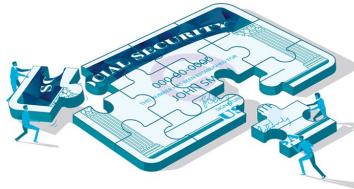
Fee: \$3 Resident/\$5 Non-Resident

EVENING PROGRAMS

Everything You Need to Know About Social Security

Tuesday, November 15

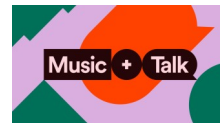
6:00 – 7:00pm



Social Security Administration Public Affairs Specialist, Megan Forristall, will provide an overview of Social Security's programs and internet services. During the presentation you will learn how to use a mySocialSecurityonline account.

To Create an account and review your Social Security Statement prior to the presentation please go to www.socialsecurity.gov/myaccount. There will be a Q&A at the end.

No Charge Registration is required



Music Reel Talk:

Together we will watch a musical documentary, montage or concert and reminisce and discuss afterward

Tuesdays 6:00 – 8:00pm

October 11:

The Bluebird: Musical Documentary



November 22:

U2: Under the Blood Red Sky



December 13:

Elvis, The Comeback Special



Join us for a night of music, memories and good fun!

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

Ice Cream with the Director

Thursday, November 3

5:30 – 6:00pm

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

No Charge

Registration is required.

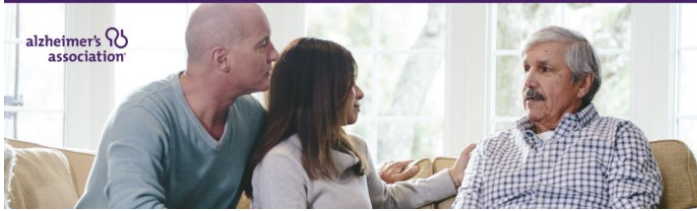


CENTER CLOSED OCTOBER 13, 14; NOVEMBER 11, 24, 25; DECEMBER 23, 26

EVENING PROGRAMS

MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

An education program presented by the Alzheimer's Association®



ALZHEIMER'S EDUCATION: Managing Money: A Caregiver's Guide to Finances

Wednesday, December 7

6:00 — 7:30pm

How much do you know about managing money? This program will help you learn about the costs of caregiving and the benefits of early planning and teach you how to avoid financial abuse and fraud, start a conversation about finances, assess financial and legal needs, and support.

No Charge Registration is required.

Sip and Swirl

Thursday, October 20

7:00 — 8:30pm



Enjoy a glass of wine while you're guided through the easy steps of creating one of these unique paintings.

Limited space.

Fee: \$20 Resident/\$30 Non-Resident

Sign up at least one week in advance.

Holiday Dip-Filled Ornaments

Tuesday, November 29

6:00 — 7:00pm



Walk away with a unique hostess gift. You will fill each ornament with dry ingredients, attach directions and add simple decorations. Each participant will make all five mixes: Dill, Bacon, Fiesta, Herb Ranch & Italian.

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

Sign up at least one week in advance.

Fresh Evergreen Centerpiece

Tuesday, December 6

5:00 — 7:00pm



Create a beautiful holiday centerpiece for you or give to a hostess. Fresh greens and seasonal decorations will brighten any table. When finished with yours, please stay and help create centerpieces for our Holiday Jingle Ball.

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

Sign up at least one week in advance.



Shake, Rattle, and Roll with BUNCO!

Thursdays, October 27, November 17, December 29

6:00 — 7:00pm

Come and have some FUN! FUN! FUN! One Thursday a month. We will have a cash bar with Beer and Wine, a Sweet Table, and most importantly CASH PRIZES. Bring your friends and Party Bunco Style!

We will change partners every round, this will give you a chance to socialize with EVERYONE. Cash prizes for 1st and 2nd places; and of course, there will be a boobie prize for the lowest score. Prizes based on number of attendees. Don't know how to play, don't worry, it's easy we will teach you.

Fee: \$5.00/ Pay at the door Registration Required.

FRIDAY FUN NIGHTS



Comedy & Cocktails

Friday, October 21

6:30 – 8:00pm

Want to laugh? Three separate comedians will be here to make sure you get a laugh in.

Cash Bar

Fee: \$15 Resident/\$25 Non-Resident by October 14

\$20 Resident/\$30 Non-Resident after October 14



Murder Mystery Dinner

Friday, October 28

6:00 – 8:00pm

A dinner like no other. Join us for an evening of delicious food, great drinks...and murder! This fun filled night will walk you through a murder mystery as it unfolds before your eyes.

Will you be the one to figure it out?

Apple Cider Glazed Chicken over Wild Rice and Vegetables, Autumn Salad, Fresh Rolls, Apple Cranberry Kuchen with Vanilla Ice Cream

Check out all of the night's specialty drinks at our cash bar!

Fee: \$30 Resident / \$40 Non-Resident

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



Virtual Wine Tasting

Friday, November 4

6:00 – 7:00pm

'Tis the season for trying different wines! Wow your family and friends this holiday season with the perfect pairings.

Pick up your boxes filled with goodies and wine at 2:00pm at the Ela Township Community Center and then join us at 6:00pm as we cheer on the holidays with our special selection of wines and tasty spread.

Enjoy Cranberry Brie Bites with Chardonnay; Olives with Pinot Noir; Goat Cheese Crostini with Strawberries & Honey with Sauvignon Blanc; and finally Chocolate Brownie Cookies with Cabernet Sauvignon. **Fee: \$15 Resident/\$25 Non-Resident Register by October 28**

Holiday Jingle Ball

Friday, December 9

6:00 – 6:30 Cocktails

6:30 – 8:30pm Dinner & Dancing

Music, Dinner & Dancing & Cash Bar

Join us for this magical holiday evening as we toast the holidays and 2022 with our friends. After cocktails, guests will be seated to enjoy a delicious dinner followed by dancing to our 16 piece orchestra.

Dinner Menu: *Roasted Herbed Pork Loin, Red Skin Potato Mash, Roasted Carrots with Vinaigrette, Citrus, Beet & Arugula Salad, Warm Bread. Dessert: Chef's Choice*

Fee: \$20 Resident/ \$30 Non-Resident

Register by 12/2



CENTER CLOSED OCTOBER 13, 14; NOVEMBER 11, 24, 25; DECEMBER 23, 26

CLASSES & CLUBS



Secretary of State Rules of the Road

Friday, November 18, 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.

Guitar Club

2nd and 4th Tuesdays

1:00 – 2:00pm

The Guitar Club meets weekly to sing and play the guitar. The purpose of the group is to develop your guitar skills and generally enjoy playing the guitar, singing, and harmonizing with other group members. All Skill Levels are Welcome!

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, 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

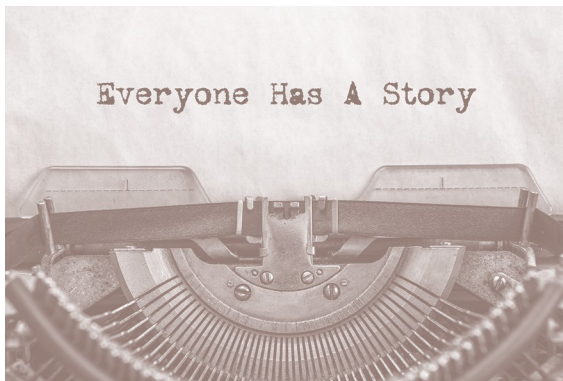
Open Ping Pong

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.



Lifestory Writing

Wednesdays: October 19, November 16, December 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.

CENTER CLOSED OCTOBER 13, 14; NOVEMBER 11, 24, 25; DECEMBER 23, 26

2022-2024 LONG DISTANCE TRAVEL

Long Distance Travel and Informational Meetings

REGISTRATION IS REQUIRED FOR ALL INFORMATION MEETINGS!

SOUTHERN HARMONY

November 6–11, 2022

Document Meeting: Tuesday, October 25 at 6:00pm

CALIFORNIA DREAMIN'

April 30 – May 9, 2023

Information Meeting: Monday, October 24 at 6:00pm

Ladies Only: Harbor County Michigan

May 23 – 25, 2023

Information Meeting: Monday, November 14 at 6:00pm

ALASKA: AMERICA'S LAST FRONTIER

August 24 – September 4, 2023

Information Meeting: Monday, December 5 at 6:00pm

SPOTLIGHT ON SAN ANTONIO CHRISTMAS

November 30 – December 4, 2023

Information Meeting: Monday, December 5 at 7:00pm

SOUTHERN CHARM:

Late February, 2024

Sneak Peek : Monday, December 5 at 6:00pm

EXPLORING BRITAIN & IRELAND: FEATURING ENGLAND, IRELAND, SCOTLAND & WALES

June 2024

Sneak Peek : Monday, December 5 at 6:00pm

WHY GROUP TRAVEL?:

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

Sneak Peek!

Exploring Britain & Ireland: Featuring England, Ireland, Scotland & Wales

June 2024

15 Days * 20 Meals

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

SNEAK PEEK

MONDAY, DECEMBER 5 AT 6:00PM



- Mysterious Stonehenge
- Jaunting Cart in Killarney
- Scottish Whiskey Dinner
- Evening of Traditional Irish Song & Dance
- Tour York's Minister
- Enjoy an Ale Tasting in Yorkshire
- Afternoon Tea in London
- Evening of Welsh Music, Poetry & Cuisine
- Overnight within Medieval walls in York
- Visit a Traditional Scottish Farm
- Experience the Ring of Kerry
- Explore London & Dublin

LONG DISTANCE TRAVEL

Southern Harmony:

Featuring New Orleans & Gulf Coast

November 6–11, 2022

DOCUMENT MEETING TUESDAY, OCTOBER 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

California Dreamin’

Monterey, Yosemite, Napa & San Francisco

April 30–May 9, 2023

INFORMATION MEETING MONDAY, OCTOBER 24 AT 6:00PM

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

Double \$3899 Per Person Single \$4899

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.

During our extension in San Francisco, I have arranged for a special day trip to Muir Woods National Monument to see the infamous redwoods.

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



Ladies Only: Harbor Country Michigan

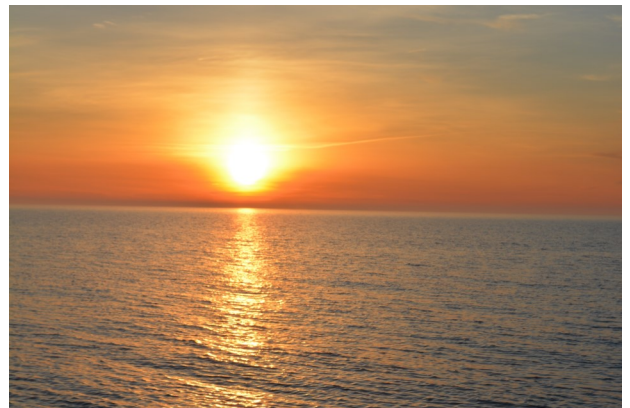
Ela 55+ Exclusive Trip

May 23–25, 2023

INFORMATION MEETING MONDAY, NOVEMBER 14 AT 6:00PM

We will be packing in the fun in our usual manner. Three days filled with food, wine, shopping, chatting and tons of laughter. This trip fills quickly so please register for information meeting and sign up.

**Single \$550 Resident/\$595 Non-Resident
ALL GRATUITIES INCLUDED**



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.

LONG DISTANCE TRAVEL

Alaska: America's Last Frontier + Added Exclusive Ela 55+ Adventure August 24—September 2, 2023

**INFORMATION MEETING MONDAY,
DECEMBER 5 AT 6:00PM**

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



- Fairbanks
- Wilderness Tours
- Seal/Otter Spotting
- Local Dinners
- Gold Mining History
- Talkeetna
- Alaskan Wildlife Boardwalk
- Musk Ox Farm
- Pipeline Education
- Glacier Hike
- Native Heritage Center
- Flights Included
- Great Alaskan Railway
- Seward
- Anchorage
- Free Time to Explore
- Denali National Park
- Whale Watching

Spotlight on San Antonio Holiday

November 30—December 4, 2023

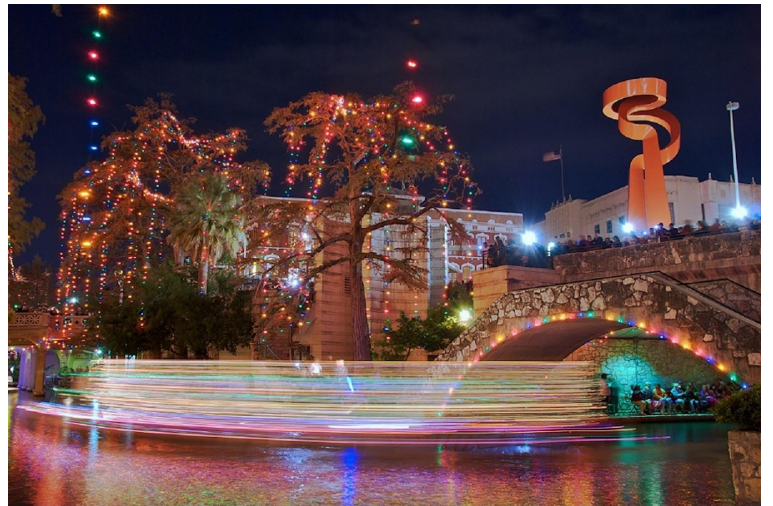
5 Days 4 Nights 5 Meals

**INFORMATION MEETING MONDAY,
DECEMBER 5 AT 7:00PM**

Double \$2,498 Per Person

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

- Fredericksburg German Settlement
- El Mercado
- Cruise the Paseo del Rio
- Visit The Alamo
- Tour San Antonio



Southern Charm: Featuring Charleston, Savannah & Jekyll Island

Late February, 2024

**INFORMATION PREVIEW
MONDAY, DECEMBER 5 AT 6:00PM**

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



- Trolley Tour of Savannah's Sprawling Historic District
- Visit St. Simon's Island
- Cruise the Paseo del Rio
- Cruise the Golden Isles
- Get to Know Charleston
- Enjoy an Historic Charleston Carriage Ride with Lunch

OCTOBER 2022

3 Open Discussions FRENCH RIVIERA	4 Alzheimer's Support FRENCH RIVIERA	5 Road to Happiness OPEN ENROLLMENT 101 FRENCH RIVIERA	6 Lunch & Movie	7 First Fridays FLU & PNEMONIA CLINIC
10 Ela U: Jerry Leitner	11 Lunch & Learn Music Reel Talk	12 Parkinson's Support Road to Happiness Chicago Culinary Kitchen	13 CENTER CLOSED Ela Board Meeting	14 CENTER CLOSED
17 Donuts w/ Director Ela U: Jerry Leitner	18 Men's Trip Craft	19 Road to Happiness LifeStory Writing	20 ORIENT EXPRESS SIP N' SWIRL	21 Death Café COMEDY & COCKTAILS
24 TED Talk California Dreamin' Info	25 Lunch & Learn Southern Harmony Doc.	26 Road to Happiness Reel Talk	27 BUNCO	28 MURDER MYSTERY DINNER
31				

NOVEMBER 2022

	1 Alzheimer's Support	2 Road to Happiness SANFILLIPPO	3 Lunch & Movie Ice Cream w/Director	4 Pillow Making First Fridays VIRTUAL WINE TASTING
7 Open Discussion SOUTHERN HARMONY	8 Men's Trip SOUTHERN HARMONY	9 Parkinson's Support Road to Happiness RISTORANTE BOTTAIO SOUTHERN HARMONY	10 Veterans Day Luncheon Ela Board Meeting SOUTHERN HARMONY	11 CENTER CLOSED SOUTHERN HARMONY
14 TED Talk Ladies Trip Info	15 Lunch & Learn	16 Road to Happiness Reel Talk LifeStory Writing	17 FRIENDSGIVING BUNCO	18 Rules of the Road
21	22 Music Reel Talk	23 Road to Happiness	24 CENTER CLOSED	25 CENTER CLOSED
28	29 Lunch & Learn Craft	30 Pedorthist		

DECEMBER 2022

			1	2 First Fridays
5 Open Discussions Alaska Info San Antonio Info Southern Charm Info	6 Alzheimer's Support Craft	7 Alzheimer's Presentation	8 Lunch & Movie Ela Board Meeting	9 HOLIDAY JINGLE BALL
12 TED Talk	13 Lunch & Learn Music Reel Talk	14 Reel Talk Parkinson's Support	15 Men's Trip	16
19	20 Lunch & Learn	21 LifeStory Writing	22	23 CENTER CLOSED
26 CENTER CLOSED	27	28 Marriott Intergen Trip WIZARD OF OZ	29 BUNCO	30 NYE DINNER PICK UP

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

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Ela Township Contacts

Ela Township Community Center

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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

Murder Mystery Dinner
Friday, October 28

Veterans Day Luncheon
Thursday, November 10

Friendsgiving
Thursday, November 17

Holiday Jingle Ball
Friday, December 9

NYE Dinner Pick Up
Friday, December 30