



Ela Township 55+

April, May and June 2023



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 Hours: Monday—Friday 8:30am — 7:00pm

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 CLOSED MAY 29; JUNE 19

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 2023 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



Jill Barnes
Program 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 the choices of others when it comes to masking. We are all working through this together. If conditions change, masking policy may change as well.

Ela Township Homework Club 2023-2024 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.

Registration is out and online!

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

Spring Break Camp

Ela Township Spring Break Camp is a 5-day exciting camp where participants will have daily field trips, crafts, group games, and much more. Sign up for the days you need! Camp days start at 8:30am and run until 4:30pm.

Spring 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. Must have at least 20 participants for the day to run.



Who? Kids in Kindergarten—5th grade that reside in Ela Township

When? March 27-31

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

Cost? \$50 per day per child

Shooting Stars Summer Camp

Ela Township Shooting Stars Summer Camp is a great opportunity for your kids to join in weekly field trips, group games, weekly crafts and activities, and socialize with other kids in Ela Township while school is out for the summer! Sign up for the weeks you need! Camp days start at 8:30am and run until 4:30pm.

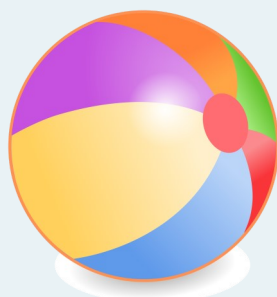
Registration is out and online!

Shooting Stars Summer Camp takes a maximum of 48 campers weekly, and it is a first come, first served basis. You must be a resident of Ela Township to attend. Must have at least 20 participants for the week to run.

Who? Kids entering 1st—6th grade that reside in Ela Township

When? June —August 2023

Where? Knox Park in Lake Zurich. Located next to Ela Town Hall 1155 IL-22, Lake Zurich, IL



SafeSitter and Safe@Home

SafeSitter 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. **Fee: \$60 per child**



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. **Fee: \$25 per child**

***All classes need minimum of 8 participants.**

SPECIAL EVENTS



Earth Day Spring Clean-Up

Monday, April 24, 10:00—1:00pm

Celebrate Earth Day by getting your hands dirty! Join Susan Dillon on the grounds of the Ela Township Community Center for a few hours of Spring Clean-Up to get the center ready for planting and playing outside. Wear your grubs and gloves please. **Registration is required.**

Volunteer Celebration Luncheon

Wednesday, April 26, Noon — 1:30pm



Join Ela Township 55+ as we say “THANK YOU” to all those who have helped us throughout the year! From those who have volunteered at our reception desk to homework help, folks that helped in so many ways at our Community Center.

If you have not had an opportunity to volunteer this year, please come and help us thank all the people that have volunteered so far, you might get an idea of where you could help out next year.

Menu: Chicken Parmesan over fettucine, lemon broccoli, spring salad and chef's choice dessert.

Registration is required.

We ask that everyone that has received an invitation, please attach it to your registration sheet.

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

Register by April 19.



Eating Around the World

Join us for these casual lunches to enjoy foods from around the world, and friends from around the corner. Celebrate Asian and Pacific American Heritage Month by taking a culinary journey through Asia and the Pacific Islands.

Vietnamese Cuisine

Wednesday, May 10, 12:00—1:00pm

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

There are no carry outs or “left overs” for this event.



Secretary of State Rules of the Road

Friday, May 26, 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.



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, provide 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, May 12, Noon – 2:00pm

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

CENTER CLOSED MAY 29; JUNE 19

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: April 4, May 9, June 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: April 12, May 10, June 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, May 19, 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**



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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



UNDER construction

Brainstorming Over Pizza and Beer

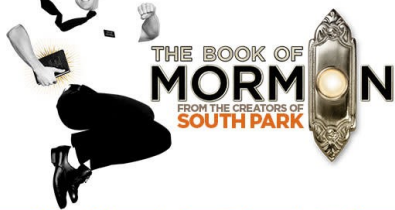
Thursday, May 25

6:00 – 7:00pm

Gentlemen, we have reached a crossroads. Jim is working on planning Men’s Trips and Outings for future months and is desperate for help. What would you like to see? Movies? Lunches? Day Trips? Evening Programming? Activities at the Community Center? Is this still something you’re interested in? What happens with this programming is completely up to you. So don’t be shy, bring your ideas and appetite and let’s figure this out over some pizza and beer.

FEE: \$5 Resident / \$8 Non-Resident

WINNER 9 TONY AWARDS* INCLUDING BEST MUSICAL



“THE BEST MUSICAL OF THIS CENTURY.”
THE NEW YORK TIMES BEN BRANTLEY

Book of Mormon

The Cadillac Palace Theatre & The Berghoff

Wednesday, April 12

10:30am – 5:30pm

Look out Chicago, here comes Ela 55 +.

We are finally hitting the Chicago Broadway scene.

Start your theatre adventure with a full stomach. Enjoy the historic Berghoff for a quick bite. Choose from **1)** Chicken Caesar Salad, **2)** Corned Beef Reuben Sandwich on house made Grilled Rye Bread or **3)** Grilled Veal Bratwurst on a Bavarian pretzel roll. All lunches will include a rich, luscious, chocolate Brownie made with chunks of Ghirardelli chocolate.

Book of Mormon, by South Park creators, Trey Parker, Robert Lopez and Matt Stone, tells the story of two young Mormon missionaries sent to a remote village in Africa, where a brutal warlord is threatening the local population. Naïve and optimistic, the two missionaries try to share the Book of Mormon, but have trouble connecting with the locals, who are more worried about war, famine, poverty, and AIDS than about religion. Nine 2011 Tony Awards say it's the Best Musical of the Year. ***Please be aware...subject matter of this musical is adult and sometimes profane.***

Registration must be in by no later than April 3. Note your menu choice on Registration.

Meet at the Community Center at 10:15am to pick up your lanyards and depart at 10:30 am

Fee: \$115 Resident/ \$125 Non-Resident

Fee includes ticket, lunch, deluxe coach transportation and driver's tip.



Lincoln Park Conservatory

2391 North Stockton, Chicago, IL

Thursday, April 27

9:30am – 4:00pm

Look out Chicago, here comes Ela 55 + AGAIN

The Lincoln Park Conservatory is one of Chicago's City in the Garden treasures. This stunning glass masterpiece showcases exotic plants and annual flower show. The conservatory offers lush tropical paradise full of towering palms, brilliant blooms and ancient ferns.

After enjoying the show at your leisure, walk down the path and enter the Chicago landmark, Lincoln Park Zoo. Enjoy the animals and outdoors on your own. Take in lunch at the zoo, or skip lunch and take in more animals and sites.

Meet at the Community Center at 9:15am to pick up your lanyards and depart at 9:30 am

Registration must be in by no later than April 12.

Fee: \$40 Resident/ \$50 Non-Resident

Fee includes ticket, deluxe coach transportation and driver's tip.



DAY TRIPS



Grumpy Old Men

Fireside Theater
Fort Atkins, WI
Thursday, May 11
9:30am – 4:30pm

Back to one of our all time favorites, The Fireside Theater for *Grumpy Old Men*! This is the story of Max and John, neighbors who have been feuding for most of their lives. Invigorated by their shared affection for their beautiful new neighbor across the street, they face-off as romantic rivals until their hilarious shenanigans finally bring about a resolution to their long-standing differences. Based on the 1993 film, this stage adaptation captures the lovable crotchety characters through twinkling humor, great songs, and the affectionate depiction of a small town that feels like home to everyone.

Before the production, enjoy the delicious Fireside lunch. Start with a fresh Chopped Salad accompanied by freshly baked breads in their artisan bakery. Then choose from: **1)** Pretzel Crusted Stuffed Chicken, skinless breast of chicken stuffed with Havarti cheese, rolled in pretzel crumbs, sautéed to a golden brown and baked, served with a balsamic raspberry sauce. **2)** Grilled Pork Ribeye, boneless pork chop seasoned and grilled until perfectly tender and finished with a rich pork demi-glaze. **3)** Rainbow Trout, seasoned with salt, pepper, and lemon butter and baked to perfection. All entrées accompanied by garlic parmesan orzo and a corn and red pepper medley and dessert: Oreo Delight, crushed Oreo cookies in our homemade vanilla frozen custard with a layer of fudge in an Oreo crust. Coffee, Tea & Milk included.

Meet at the Community Center at 9:15am to pick up your lanyards and depart at 9:30 am
Registration must be in by no later than April 10. Note your menu choice on Registration.

Fee: \$120 Resident/ \$130 Non-Resident

Fee includes ticket, lunch, deluxe coach transportation



Chicago River Architecture Tour & Lunch

Thursday, June 8
9:15am – 4:00pm

*Time to OOOH and AAAH at
Chicago's amazing architecture!*

We will take in the world-renowned architecture of Chicago as an expert guide tells the story of 130 years of architectural innovation. Experience Chicago's legendary sites and the exceptional people who created this ever-changing legacy to admire.

After we're done seeing the best that Chicago has to offer, we will head over to the Elephant and Castle for lunch. Participants will enjoy a buffet consisting of **Rocket Salad:** baby arugula, fresh tomato, red onion slivers, shredded carrot, Honey Dijon vinaigrette and crumbled goat cheese, **French Dip** with sautéed mushrooms, onions, horseradish aioli and Swiss cheese served with au jus and **Fish and Chips:** crispy haddock, lightly beer battered and served with signature tarter sauce.

Meet at the Community Center at 9:00am to pick up your lanyards and depart at 9:15am
Registration must be in by no later than June 1. Note your menu choice on Registration.

Fee: \$120 Resident / \$130 Non-Resident Fee includes: Boat ride, lunch, deluxe coach transportation, and driver's tips.



CUISINE CLUB



D&J Bistro

Wednesday, April 19, 1:30pm
466 S. Rand, Lake Zurich; 847-438-8001

Always one of our most popular Cuisine Clubs, D&J Bistro is nothing but the best. Close to home, yet you will feel like you are dining in a quaint French Bistro. Guests will enjoy soup or salad for the first course. Next, choose from **Le Chicken Cordon Bleu**: Panko crusted boneless chicken breast stuffed with ham and gruyere cheese.

Roasted Hanger Steak: Dry rubbed with garlic, served with a side of potato croquettes. **Grilled Atlantic Salmon**: Plated over Mediterranean vegetables, balsamic vinegar. **Pasta a la Provençale**: Linguini with sautéed Mediterranean vegetables with Boursin cheese. Lastly, La Trilogie de Dessert: individually plated assortment of mini desserts. Soft drinks, coffee and tea are included. Cash bar.

Fee: \$35 Resident/\$40 Non—Resident

Register by April 12

Self Drive Event



Lindy's Landing

Wednesday, May 17, 12:00pm
115 Park St. Wauconda; 847-526-9789

It's the perfect time to have lunch at the newly renovated *Lindy's Landing*, a waterfront restaurant on the shores of Bangs Lake in Wauconda. Choose from: **LL Chopped Salad**: Romaine lettuce, grilled chicken, bacon, tomato, red onion, black bean and corn salsa, cheddar jack cheese, tortilla strips and ranch dressing. **Fish Tacos**:

Fried cod, cilantro lime slaw, avocado relish and chipotle aioli in corn tortillas with rice. **California Wrap**: Turkey, bacon, guacamole, lettuce, tomato, cheddar jack cheese and ranch in a tomato wrap and homemade chips.

Chicken Piccata: Lightly breaded and pan seared chicken breast, lemon caper sauce and a seasonal vegetable.

For dessert enjoy a delicious Chocolate Mousse Dessert Shooter: 3 ounce petit cup with Oreo crumbs, chocolate mousse, whipped cream dusted with cocoa powder. Coffee, tea and soft drinks are included. Cash bar.

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

Register by May 10

Self Drive Event



SLYCE

Wednesday, June 14, 12:00pm
913 North Milwaukee Ave #100, Vernon Hills
224-294-0529

Come join us for a Pizza Buffet at SLYCE where Pizza is their Passion. They have perfected the art of hand crafted artisanal coal fired pizzas serving the community since 2010. Sit back and enjoy a variety of their perfectly charred pies at the Buffet which includes salad, bread, and a cannoli for dessert. Soft drinks, iced tea and coffee are included. Cash bar.

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

Register by June 7

Self Drive Event

CENTER CLOSED MAY 29; JUNE 19



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

Pallet Herb Garden

Wednesdays: 5:30 – 7:00pm

This 5-week course will bring you through an entire DIY Project. Take your time, week by week we will finish each step. Each week you will move deeper into the project, gaining new skills and confidence as you move along. Broaden your knowledge of gardening, woodworking, staining and how to use vinyl. When the class is over you will have an herb garden this entire summer...and summers to come.

Meeting Dates

April 26 : Week #1 Project Details and Choosing Your 6 Herbs

May 3: Week #2 Planting Herbs from Seed and Choosing Stain Color

May 10: Week #3 Rebuilding, Sanding and Staining the Pallet

May 17: Week #4 Sealing the Pallet

May 24: Week #5 Using the Cricut to Design and Make Labels

Fee For Entire Course: \$40 Resident/\$ 50 Non—Resident

Participants must be able to attend all sessions. Registration is Required.



Cook by the Book - The Silver Palate Cookbook

Thursdays, 6:00 – 7:00pm

Join us as we prepare and taste Springtime dishes from this classic 80's cookbook by Julee Rosso and Sheila Lukins, the proprietors of the acclaimed NY food shop Silver Palate.

Thursday, May 18 “To Begin a Great Evening”

Minted Sweet Pea and Spinach Soup

Cheese Straws

Thursday, June 1 “Great Garden Vegetables”

Asparagus with Prosciutto

Asparagus with Blueberry Vinaigrette

Crisply Roasted Asparagus with Gremolata

Thursday, June 15 “The Main Course”

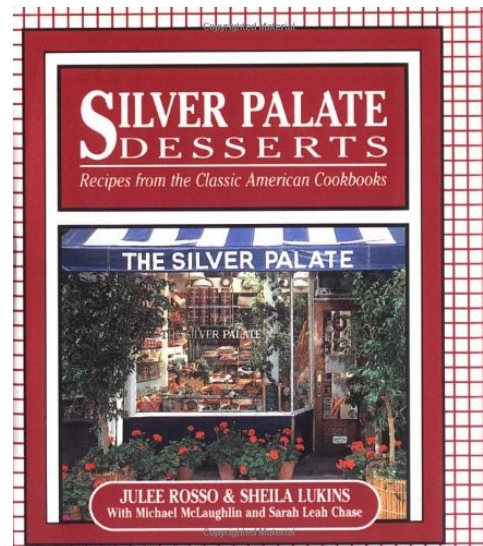
Lemon Chicken

Bulgar Wheat Salad

Thursday, June 29 “Sweets”

Strawberry Pavlova with Strawberries

Julee’s Original Sour Cream Coffeecake



Fee For Entire Course: \$40 Resident/\$ 50 Non—Resident

Registration is Required. No Pro-Rating

CLUBS

Art Club

Tuesdays

10:00 – 11:15am

Feeling creative? Come join our Art Group. This paper led group meets weekly, no experience necessary. Painting and drawing, watercolors, acrylics, pastels, colored pencil, charcoal, and more. 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

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

Open Ping Pong

Fridays

1:00 – 2:00pm

Snow 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.



Donuts with the Director

Wednesday, May 31

9:00 – 9:45am

Join Director Susan Dillon to exchange ideas, and eat donuts! This is an open round table discussion...very informal.

No Charge

Registration is required.

CARDS & BINGO

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

PARTICIPANTS MUST REGISTER FOR ALL GAMES

UPDATE

WE DID IT!

Because of all of your donations, we collected 500 pounds of plastic to make our first bench! We're working on our second bench right now!



2023-2024 LONG DISTANCE TRAVEL

WHY GROUP TRAVEL?:

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

Long Distance Travel and Informational Meetings

REGISTRATION IS REQUIRED FOR ALL INFORMATION MEETINGS!

CALIFORNIA DREAMIN'

April 30 – May 9, 2023

Document Meeting: Monday, April 17 at 6:00pm

Ladies Only: Harbor County Michigan

May 23 – 25, 2023

Document Meeting: Monday, May 15 at 6:00pm

ALASKA: AMERICA'S LAST FRONTIER

August 24 – September 4, 2023

Information Meeting: Monday, May 15 at 7:00pm

SPOTLIGHT ON SAN ANTONIO CHRISTMAS

November 30 – December 4, 2023

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

SOUTHERN CHARM:

Late February, 2024

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

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

June 2024

Information Meeting: Monday, June 26 at 6:00pm

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LONG DISTANCE TRAVEL

California Dreamin'

Monterey, Yosemite, Napa & San Francisco

April 30–May 9, 2023

DOCUMENT MEETING MONDAY, APRIL 17 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
- Yosemite Nat'l Park
- Lake Tahoe Cruise
- Vineyard Tour
- Scenic 17-Mile Drive
- Sacramento
- Napa Valley
- San Francisco

Ladies Only: Harbor Country Michigan

Ela 55+ Exclusive Trip

May 23–25, 2023

DOCUMENT MEETING MONDAY, MAY 15 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 \$585 Resident/\$635 Non-Resident
ALL GRATUITIES INCLUDED



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

Alaska: America's Last Frontier + Added Exclusive Ela 55+ Adventure

August 24–September 4, 2023

INFORMATION MEETING MONDAY, MAY 15 AT 7:00PM

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

Double \$6,098 Per Person Single \$7,498

Ela 55+ Exclusive 4 Day Extension

Double \$995 Per Person Single \$1425



- 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
- Denali National Park
- Whale Watching
- Free Time to Explore

LONG DISTANCE TRAVEL

Spotlight on San Antonio Holiday

November 30–December 4, 2023

5 Days 4 Nights 5 Meals

INFORMATION MEETING MONDAY, JUNE 5 AT 6:00PM

Double \$2,498 Per Person Single \$2,898

*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

March 10–16, 2024

INFORMATION MEETING MONDAY, JUNE 5 AT 7:00PM

Double \$3,749 Per Person Single \$4,749

*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



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*

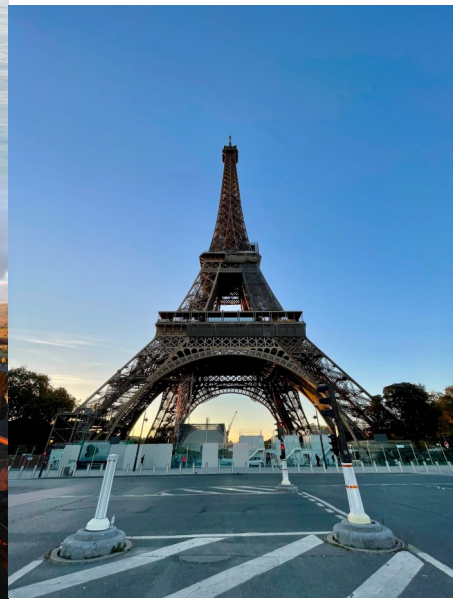
INFORMATION MEETING MONDAY, JUNE 26 AT 6:00PM

- 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



CENTER CLOSED MAY 29; JUNE 19

LONG DISTANCE TRAVEL PHOTOS





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	INTERVAL TRAINING 9:00—9:45am	MORNING MOVERS 9:00—9:45am NO CHARGE	CARDIO STRENGTH 9:00—9:45am	MORNING MOVERS 9:00—9:45am NO CHARGE
YOGA 6:00—6:45pm		CHAIR YOGA 10:00—10:45am	STRICTLY SITTING 10:00—10:45am	RESTORATIVE YOGA 10:00—10:45am
		MACHO MAN 1:00—1:45pm		

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
BRING CHANGE OF SHOES...DO NOT WEAR SHOES IN SNOW AND TO CLASS

MORNING MOVERS: NO CHARGE

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

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

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

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 performed seated and/or standing.

CHAIR YOGA: PUNCH CARD

WEDNESDAYS, 10:00 — 10:45am

Want to improve strength, flexibility and tone? Chair Yoga is the perfect place to get started. Val will lead you through a comprehensive routine designed to strengthen you muscles. This class is safe and appropriate for all fitness levels and abilities.

MACHO MAN: PUNCH CARD

WEDNESDAYS, 1:00 — 1:45pm

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 performed seated and/or standing and all levels are welcome.

CARDIO STRENGTH: PUNCH CARD

THURSDAYS, 9:00 — 9:45am

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

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

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.

Want to continue your journey to being healthy? Join Laura Burk for nutritional Snack & Chats.
See Page 25 for details.

Ela Eatery Homemade Lunches

In-Person ONLY

Curbside lunch pick-up has ended.

Thank you all who participated in our Curbside Pick-Up Lunch Program. We are happy that we were able to serve our Community through COVID and beyond with this service.

***Now we are returning to our original In-Person Only Lunch Program.
We hope to see you inside!***

Call or email us at 847-438-9160/jimd@elatownship.org to order by **5:00pm** Thursday of the prior week.

All lunches are **\$6.00** and served at 11:30am. All lunches have **DESSERT**. ***\$1 Added for Gluten Free**

All ordered lunches must be paid for, even if not attended.

Mon, 4/3 Reuben Sandwich, Chip & Pickle
Tue, 4/4 Chicken Piccata, Roasted Vegetables
Wed, 4/5 Stuffed Peppers, Salad
Thu, 4/6 Potato, Ham & Asparagus Skillet, Salad

Mon, 4/10 Garden Tuna Salad Sandwich, Fresh Fruit
Tue, 4/11 Sloppy Joe's, Baked Beans
Wed, 4/12 Thai Chicken Noodles, Zucchini
Thu, 4/13 Baked Mostaccioli, Garlic Bread, Salad

Mon, 4/17 Cobb Salad, Croissant
Tue, 4/18 Fish Tacos, Chips & Salsa
Wed, 4/19 CUISINE CLUB - NO LUNCHES
Thu, 4/20 Kielbasa & Pierogis, Caraway Sauerkraut

Mon, 4/24 Chicken Salad, Croissant
Tue, 4/25 Lasagna, Garlic Bread, Salad
Wed, 4/26 VOLUNTEER LUNCHEON
Thu, 4/27 Creamy Chicken & Orzo, Salad

Mon, 5/1 Honey Ham & Havarti Panini, Cole Slaw
Tue, 5/2 Fish Tacos, Rice & Beans
Wed, 5/3 Beer Brats, Potato Salad
Thu, 5/4 Chicken Parmesan over Noodles, Salad

Mon, 5/8 Turkey BLT, Chips & Pickle
Tue, 5/9 Pulled Pork, Corn Salad
Wed, 5/10 EATING AROUND THE WORLD
Thu, 5/11 Spaghetti w/Meatballs, Salad

Mon, 5/15 Italian Sub, Macaroni Salad
Tue, 5/16 Orange Ginger Salmon, Rice & Asparagus
Wed, 5/17 CUISINE CLUB - NO LUNCHES
Thu, 5/18 Lemon Chicken, Garden Orzo Salad

Mon, 5/22 Grilled Italian Sausage, Pasta Salad
Tue, 5/23 Grilled Pork Loin, Corn Salad
Wed, 5/24 Beef Tacos, Avocado Salsa & Chips
Thu, 5/25 Chicken Caprese Panini, Salad

Mon, 5/29 CENTER CLOSED
Tue, 5/30 Turkey Tetrazzini, Salad
Wed, 5/31 Grilled Cheeseburgers, Fries
Thu, 6/1 BBQ Chicken, Cole Slaw

Mon, 6/5 Meatball Sub, Pasta Salad
Tue, 6/6 Greek Chicken & Salad
Wed, 6/7 Baked Enchiladas, Beans & Rice
Thu, 6/8 Chicken & Vegetable Stir Fry, Spring Roll

Mon, 6/12 Penne w/ Fresh Tomatoes & Basil, Salad
Tue, 6/13 Patty Melt, Potato Salad
Wed, 6/14 CUISINE CLUB - NO LUNCHES
Thu, 6/15 Ham with Scalloped Potatoes, Salad

Mon, 6/19 CENTER CLOSED
Tue, 6/20 Spring Chicken Salad, Croissant, Fruit
Wed, 6/21 Broccoli & Cheddar Stuffed Potatoes, Salad
Thu, 6/22 Italian Sausage & Peppers, Focaccia

Mon, 6/26 California Chicken Pita, Vegetable Chips
Tue, 6/27 Korean Beef Tacos, Asian Slaw
Wed, 6/28 Italian Chopped Salad, Fresh Bread
Thu, 6/29 Swedish Meatballs over Noodles, Salad

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

CENTER CLOSED MAY 29; JUNE 19

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 *\$1 Added for Gluten Free
Price includes lunch
Participants must register one week prior**

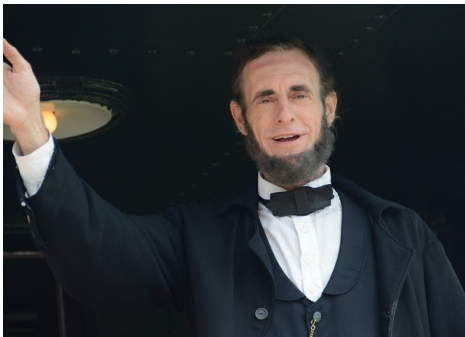
April

Lincoln As A Storyteller

Kevin Wood

April 11

Abraham Lincoln shares some of his favorite stories and jokes, and explains why he used these so often. You'll still get a good dose of both the nation's history and Mr. Lincoln's personal story. You'll laugh, but also will reflect on life, people, and the world we live in.



History of The Midwest

Cynthia Clampitt

April 25

The Midwest's history is remarkable and often surprising, giving rise to iconic images, legendary individuals, and inventions that would change the world. From prehistory to present, hear tales and "visit" museums, living-history venues, archaeological digs, historic towns, vintage farms, reenactments, and more that make the Midwest's past accessible—and fun.



May

Alfred Hitchcock

Jim Gibbons

May 16

Alfred Hitchcock created a world where audiences were put on edge in suspense and where each film's psychological twists and turns made hearts skip a beat. He knew how to capture your mind and run wild with it. Jim Gibbons will discuss the life of Hitchcock, his films, and his influence on filmmaking.



The Essential Harry Houdini

William Pack

May 30

Harry Houdini was a Hungarian-American escape artist. He was the World's handcuff king, Exposer of fraud, original prison breaker, and master magician. An inspiration to generations who dare to dream of the impossible. William Pack goes beyond the myth to bring to life the true story of this American icon.



June

The Unsinkable Molly Brown

Lynn Rymarz

June 6

After the sinking of The Titanic in April 1912, Margaret Brown (her real name) was asked how she survived. She responded, "Typical Brown luck. We're unsinkable." Discover her fighting spirit in helping other survivors who lost everything when the Titanic sunk. Historical photographs and newspapers will be shared.

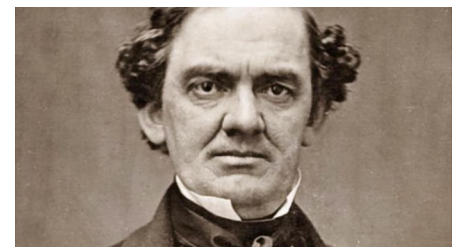


The Essential P.T. Barnum

William Pack

June 20

William Pack brings you the true story behind The Greatest Showman. Years before he revolutionized the circus, P.T. Barnum was the most famous man in the world. William reveals the remarkable life of the showman who created modern American entertainment.



LUNCH & MOVIES

Thursdays 11:30am – 2:00pm

Join us each month to enjoy a delicious homemade Ela Eatery Lunch, followed by a movie on our big screen.

Fee: \$10 Resident/ \$15 Non – Resident *\$1 Added for Gluten Free

April 13 La La Land

Baked Mostaccioli, Garlic Bread, Salad

Two souls drawn together by their common desire to do what they love. But as success comes, decisions that begin to fray the fabric of their love affair, and the dreams they worked so hard to keep in each other threaten to rip them apart.



May 18 Eight Men Out

Lemon Chicken, Garden Orzo Salad

The Chicago White Sox, who are set to play the Cincinnati Reds in the World Series of 1919, are at odds with their team's owner, who pays his players unsatisfactory wages despite the team's popularity. A group of professional gamblers offers the Sox's best athletes a fortune to throw the series.



June 1 A Man Called Otto

BBQ Chicken & Cole Slaw

When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down.

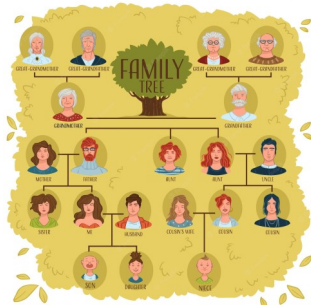


Join us for our delicious homemade lunch and then enjoy a movie on our big screen.

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

Genealogy Basics

**Wednesday, May 31
Noon – 1:30pm**



Do you want to find out about your family history but don't know where to start? Learn how to launch your genealogy project in a few basic steps, including how to research, organize, and share what you find.

**Fee: \$5 Resident / \$10 Non – Resident
Registration is required.**



Senior First Aid

**Thursday, June 22
Noon – 3:00pm**

Do you feel comfortable in an emergency situation? Would you be able to recognize if your spouse or family member was showing symptoms of a heart attack or stroke?

Become certified in First Aid, CPR, and using an AED. You will learn hands on training by practicing techniques such as the Heimlich Maneuver, applying pressure to and treating wounds, recognizing signs of a stroke, heart attack or heat related illnesses, and responding to numerous other everyday incidents that may occur. Participants will all receive a Red Cross First Aid reference guide to take home.

Completion of this class results in the participant being certified in American Red Cross First Aid, CPR, and AED for adults and children.

**Registration is required, Limit First 8 Participants
Fee: \$40 Resident / \$50 Non – Resident**

CENTER CLOSED MAY 29; JUNE 19

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.

No Fee

Registration is required.

April 3: Obesity & Corporate Greed

Doctors predict that by 2030, half of the world's population will be overweight or obese. An epidemic of obesity is causing a rapid rise in diabetes, cardiovascular disease, and cancer. It's becoming the biggest health challenge worldwide.

May 1: The Cannabis Question

As state-legalized cannabis spreads, what effect does that have on previous criminalization that has disproportionately harmed communities of color? How does cannabis affect the developing brain both short and long term? How much do we know about its risks and potential medical benefits?

June 5: The Fight For Water

Climate change has caused groundwater levels to drop to record lows in many places and the battles for control over precious water reserves have begun. Water is the new gold. Will we still have enough drinking water in the future? What happens when our water disappears?

Reel Talk

Flex your mental muscle as together we take in a documentary followed by a round table discussion.

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

Dead Asleep

Wednesday, April 19, 12:00 — 2:00pm

In a round-breaking new spin on the true-crime genre, *Dead Asleep* explores a deeper and more troubling mystery: Did a remorseful Randy Herman Jr. really commit a brutal murder in his sleep, or was it a convenient cover story? Hear from journalists, the defense and prosecution attorneys, forensic psychiatrists and world experts in violent parasomnia (sleep-walking) to get an inside look at a controversial crime.

Call Me Miss Cleo

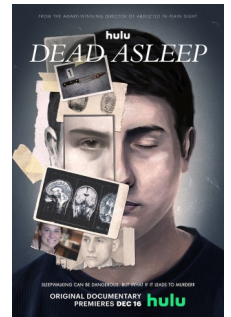
Wednesday, May 17, 12:00 — 2:00pm

Known for her larger-than-life persona and memorable accent, Miss Cleo, born Youree Dell Harris, garnered a nationwide cult following on the Psychic Readers Network. Featuring interviews with celebrities and those closest to the self-proclaimed voodoo priestess, the film revisits an era of corded phones and 1-900-numbers. *Viewers* ultimately discover the truth behind the ever-enigmatic woman who took TV by storm, only to abruptly disappear from public consciousness.

The Donut King

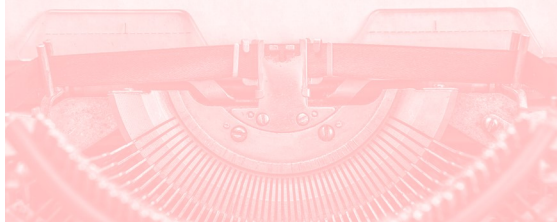
Wednesday, June 21, 12:00 — 2:00pm

In 1975, refugee Ted Ngoy fled Cambodia seeking a new beginning in the United States, where he began baking America's favorite pastry- the donut - to create a multi-million dollar industry. For the next few years, Ted used his wealth to sponsor other Cambodian refugees in need of assistance. However, things took an unexpected turn for Ted in 1979, when a visit to Las Vegas resulted in him developing a gambling habit that he couldn't break.



PROGRAMS & CLASSES

Everyone Has A Story



Lifestory Writing

Wednesdays: April 19, May 17, June 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.

Tech Help: Full Photo Storage on my Devices

Thursday, June 15
1:00 – 2:00pm

Do you have a lot of pictures on your phone or tablet? Are you getting messages that you are low on storage or it’s completely full? You can finally eliminate the warnings! Learn the best practices for photo storage and back up, as well as photo sharing sites and apps (works for Apple and Android devices). Come with your questions and fully charged device(s) to class.



Fee: \$5 Resident/\$10 Non—Resident Registration is 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?
 Got an issue with your phone?*

Make an appointment with Jim for some help with your technology.

All devices must be portable.



Bird Watching Hike

Cuba Marsh Forest Preserve
Friday, May 12
8:00– 9:00am

24205 W. Cuba Road, Deer Park

Join naturalist, Mark Hurley, from the Lake County Forest Preserves as he walks us through Cuba Marsh.

Visitors will be introduced to migrating species of birds throughout the preserve and learn birdwatching skills of listening, watching and waiting.

Participants should meet by the large map/sign at the Cuba Road entrance lot.

Bring binoculars and appropriate footwear.

Fee: \$5 Resident / \$10 Non – Resident
Registration is required.

CENTER CLOSED MAY 29; JUNE 19

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!

Bowling at Lakeside Recreation

Friday, April 7

12:00 – 2:00pm

900 S. Lake St. Mundelein



Join us for bowling and Fun!
Pizza and soda too!

Fee: \$12 Resident/\$15 Non-Resident

Lynfred Winery

Friday, May 5

3:30 – 5:00pm

971 Milwaukee Ave, Wheeling,



Taste a flight while supporting a local winery.

Fee: \$16 Resident/\$19 Non-Resident

Chicago Botanical Gardens

Friday, June 2

10:00am – 2:00pm

1000 Lake Cook Rd, Glencoe



Fee: \$12 Resident/\$15 Non-Resident

\$5 Rides can be added onto any Program. First come first served. Space is Limited.

Lake County Forest Preserve Presents

Join us to enjoy a variety of history and environmental based programs taught by the Environmental Education staff and Dunn Museum Education staff of the Lake County Forest Preserve.



Hérons, Cranes and Egrets

Tuesday, April 18 Noon – 1:00pm

Tall, wading birds can be challenging to tell apart from a distance. Discover the different species of Herons, Cranes and Egrets that visit Lake County and learn about their unique adaptations and habitat requirements.

Fee: \$5 Resident/\$10 Non-Resident Registration is required.



Native Plants of Lake County

Tuesday, May 2 Noon – 1:00pm

Learn the difference between native and non-native plants and the benefits of using native plants in your landscape. Discover the wide variety of native trees, shrubs, grasses and wildflowers for use in the home landscape.

Fee: \$5 Resident/\$10 Non-Resident Registration is required.



Frogs of Lake County

Tuesday, June 13 Noon – 1:00pm

How many different kinds of frogs live in Lake County? Discover the answer and learn about the natural history and life cycle of Lake County Frogs.

Fee: \$5 Resident/\$10 Non-Resident Registration is required.

EVENING PROGRAMS & CLASSES

TED Talks

TED Talks: Talks to Stir Your Curiosity

Tuesdays, 6:00 – 6:30pm

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

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.

April 11:

How The Worst Moments Of Our Lives Make Us Who We Are, Andrew Solomon



May 16:

A Broken Body Isn't A Broken Person, Janine Shepherd



June 13:

How Changing Your Story Can Change Your Life, Lori Gottlieb



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

Music Trivia Nights

Fridays, April 14, May 26, June 30
5:30 – 7:00pm



Gather with friends for music trivia night, questions and answers with something for all abilities to join in. If you are a music buff or just appreciate music you will enjoy trivia night. Light refreshments will be served and prizes based on number of attendees.

Fee For Each: \$5 Resident/ \$7 Non-Resident
Sign up at least one week in advance.

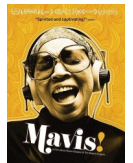


Music Reel Talk

Together we will watch a musical documentary, montage or concert and reminisce and discuss afterward
Tuesdays 6:00 – 8:00pm

April 18

Mavis—Mavis Staples & The Staple Singers



May 23

Whitney—Can I Be Me



June 20

The Beach Boys—An American Band



Join us for a night of music, memories and good fun!
Fee For Each: \$3 Resident/ \$5 Non-Resident

Ice Cream with the Director

Monday, April 24
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 MAY 29; JUNE 19

EVENING PROGRAMS

CRAFTS

Flower Seed Bombs

Tuesday, April 25
5:30 – 7:00pm

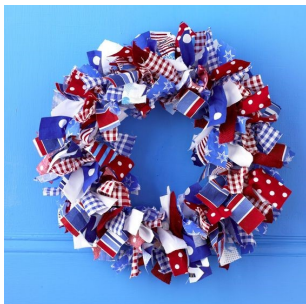


Seed bombs make fantastic gifts or party favors and can easily be made in bulk ahead of time. Learn to create using, clay, potting soil and seeds.

Fee: \$20 Resident/\$25 Non-Resident
Sign up at least one week in advance.

Patriotic Rag Wreath

Tuesday, June 27
5:30 – 7:00pm



Welcome in the 4th of July with this festive wreath. This simple tie technique will yield a full colorful wreath. Perfect for any door or window in your home.

Fee: \$25 Resident/\$30 Non-Resident
Sign up at least one week in advance.



Shake, Rattle, and Roll with BUNCO!

Thursdays, April 20, May 4, June 22
6:00 – 7:30pm

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 with Registration Required. No Refunds

SNACK & CHATS

Wednesdays 6:00 – 7:00pm
HAVE A DELICIOUS HEALTHY SNACK WHILE YOU LEARN ABOUT VARIOUS HEALTH & WELLNESS TOPICS.
Fee per session: \$9 Resident/\$12 Non-Resident
Participants must register one week prior



Batch Cooking April 19

Have you heard of batch cooking? Batch cooking is a cooking technique that is easy and simple to help reduce time in the kitchen, food waste and meal cost. Join Registered Dietitian, Laura Burk to learn how to implement batch cooking in your kitchen.



Health & Fitness Tips May 31

Let's celebrate National Senior Health and Fitness Day by discussing nutrition and exercise tips that are "must dos" to improve your health. This simple check list will leave your body feeling great and energized throughout the day.



Making Healthy Smoothies June 28

Learn how to make and build a healthy smoothie for your nutritional needs. We will discuss how to make a smoothie depending on your blender, what special ingredients a smoothie must have, and the secrets to having a delicious smooth smoothie.

FRIDAY FUN NIGHTS

April in Paris

Friday, April 21

6:00 – 8:00pm

4- Course Dinner

Smoked Salmon Canapes, Wild Rice & Asparagus Salad, Chicken Dijon, Lavender Crème Brulée

Live Music; Cash Bar, with select wine chosen for dinner & Aperol Spritzers

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

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

Register by January 20.

Alert us of any food allergies at sign up.



Patio Taco Pop-Up

Friday, May 12

6:00 – 8:00pm

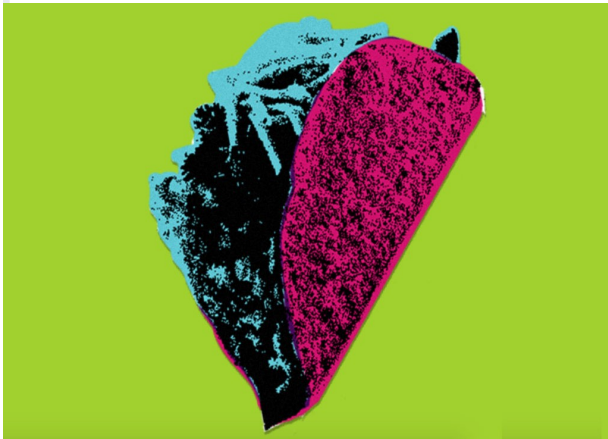
It may not be Cinco de Mayo, but you wouldn't know it from the festivities that we will be having on our patio!

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

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

Register by January 20.

Alert us of any food allergies at sign up.



Pig Roast

Friday, June 23

6:00 – 8:00pm

Pig Roast, Baked Beans, Au Gratin Potatoes, Salad
S'mores Bars
Cash Bar

Fine dining, delicious wines, great friends.

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

Register by June 10

Alert us of any food allergies at sign up.



Virtual Wine Tasting: Going Local

Friday, June 9

6:00 – 7:00pm

You don't have to travel to France or California to enjoy a nice glass of wine from a local vineyard. Join us as we taste some of the best of the Midwest. Pick up your food and wine at 2:00pm and join us at 6:00pm.

Enjoy Herbed Olive Oil with Parmesan & Baguettes; Chicken Salad Bites; Lemony Snack Mix; Aged Cheddar and Dark Chocolate Brownies.

Fee: \$15 Resident/\$25 Non-Resident Register by June 2



FRIDAY FUN NIGHTS : SUMMER CONCERT SERIES



Summer CONCERT SERIES

Friday Nights starting in May
On the Patio at Ela Township Community Center
7:00pm



Chris O'Brien **May 19**

From Stevie Wonder to Sam Smith; Bill Withers to Elton John, Chris will have you tapping and singing along.



Stolie **June 16**

Stolie is a musical entertainer and entrepreneur with over 25 years of experience. Songwriter to over 100 published songs, she is a multi-instrumentalist.



Gray Beard Duo **July 7**

A couple musicians who grew up learning their craft during the 60's folk & rock era . Hear music from artists such as Dylan, Van Morrison, CCR, Grateful Dead and more.



Mark Dvorak **August 18**

Chicago's official troubadour, Dvorak has released 20 CD's and is a living archive of song and style. Mark's folk music will inspire and enthrall you.



Chris O'Brien **September 22**

Back by popular demand. You will not be disappointed. Chris brings his soulful voice and fantastic keyboard talents back to the Ela Community Center Patio.

Enjoy live music and comradery with a fun concert on the patio at the Ela Township Community Center.

Cash bar, light snacks, great music!

Register at least one week in advance.

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

APRIL REGISTRATION

April Registration Form

Payments may be mailed or dropped off. Credit Card payment can be taken over the phone. No refunds.
Any credits issued will go into your virtual wallet.

Name (**PLEASE PRINT CLEARLY!**) _____

Resident Member Non-Resident Member

Phone (____) ____ - ____

E-Mail _____

Credit Card # _____ - _____ - _____ - _____ (2.65% processing charge per transaction)

Exp. Date ____/____ V-Code (____)

SIGN ME UP FOR E-NEWSLETTER

<u>PROGRAM TITLE</u>	<u>DATE</u>	<u>FEE</u>	<u>MENU CHOICE</u>	<u>ANNUAL SIGN UP</u>

TOTAL: _____

FOR OFFICE USE ONLY DATE: _____ INITIALS _____

PAYMENT AMOUNT: _____ CHECK _____

MAY REGISTRATION

May Registration Form

Payments may be mailed or dropped off. Credit Card payment can be taken over the phone. No refunds.
Any credits issued will go into your virtual wallet.

Name (**PLEASE PRINT CLEARLY!**) _____

Resident Member ___ Non-Resident Member ___ Phone (___) ___ - ___

E-Mail _____

Credit Card # _____ - _____ - _____ - _____ (2.65% processing charge per transaction)

Exp. Date ____/____/____ V-Code (_____) **SIGN ME UP FOR E-NEWSLETTER** _____

<u>PROGRAM TITLE</u>	<u>DATE</u>	<u>FEE</u>	<u>MENU CHOICE</u>	<u>ANNUAL SIGN UP</u>

TOTAL: _____

FOR OFFICE USE ONLY DATE: _____ INITIALS _____
 PAYMENT AMOUNT: _____ CHECK _____

JUNE REGISTRATION

June Registration Form

Payments may be mailed or dropped off. Credit Card payment can be taken over the phone. No refunds.
Any credits issued will go into your virtual wallet.

Name (**PLEASE PRINT CLEARLY!**) _____

Resident Member ___ Non-Resident Member ___ Phone (___) ___ - ____

E-Mail _____

Credit Card # _____ - _____ - _____ - _____ (2.65% processing charge per transaction)

Exp. Date ____/____ V-Code (_____) **SIGN ME UP FOR E-NEWSLETTER** _____

<u>PROGRAM TITLE</u>	<u>DATE</u>	<u>FEE</u>	<u>MENU CHOICE</u>	<u>ANNUAL SIGN UP</u>
TOTAL:		_____		

FOR OFFICE USE ONLY DATE: _____ INITIALS _____
PAYMENT AMOUNT: _____ CHECK _____

APRIL 2023

3 Open Discussions	4 Alzheimer's Support	5	6	7 First Fridays
10	11 Lunch & Learn TED Talk	12 Book of Mormon Parkinson's Support	13 Lunch & Movie Ela Board Meeting	14 Music Trivia
17 Document Meeting	18 Heron, Cranes and Egrets Music Reel Talk	19 D&J Bistro Reel Talk Lifestory Writing Snack & Chat	20 BUNCO!	21 April in Paris
24 Earth Day Clean Up Ice Cream With Director	25 Lunch & Learn Craft	26 Volunteer Luncheon Pallet Herb Garden	27 Lincoln Park Trip	28

MAY 2023

1 Open Discussion	2 Native Plants of Lake County	3 Pallet Herb Garden	4 BUNCO!	5 First Fridays
8	9 Alzheimer's Support	10 Eating Around The World Pallet Herb Garden Parkinson's Support	11 Grumpy Old Men Ela Board Meeting	12 Pillow Making Workshop Bird Watching Hike Patio Taco Pop-Up
15 Info Meetings	16 Lunch & Learn TED Talk	17 Reel Talk Lifestory Writing Lindy's Landing Pallet Herb Garden	18 Spring Cooking Lunch & Movie	19 Death Café Concert on the Patio
22	23 Music Reel Talk	24 Pallet Herb Garden	25 Men's Brainstorming Mtg.	26 Rules of the Road Music Trivia
29 CENTER CLOSED	30 Lunch & Learn	31 Donuts with Director Genealogy Basics Snack & Chat		

JUNE 2023

			1 Lunch & Movie Spring Cooking	2 First Fridays
5 Open Discussions Info Meetings	6 Lunch & Learn Alzheimer's Support	7	8 Chicago River Tour Ela Board Meeting	9 Virtual Wine Tasting
12	13 Frogs of Lake County TED Talk	14 SLYCE Parkinson's Support	15 Spring Cooking Tech Help: Photo Storage	16 Concert on the Patio
19 CENTER CLOSED	20 Lunch & Learn Music Reel Talk	21 Reel Talk Lifestory Writing	22 Senior First Aid BUNCO!	23 Pig Roast
26 Info Meeting	27 Craft	28 Snack & Chat	29 Spring Cooking	30 Music Trivia

**Ela Township 55+
380 Surrise Road
Lake Zurich, IL 60047**

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Ela Township Contacts

Ela Township Community Center

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Joseph Cacciatore, Youth Coordinator

youth@elatownship.org

Lisa Gaggiano, Senior Resource Specialist

lisag@elatownship.org

Laura Kulawik, Senior Resource Specialist

laurak@elatownship.org

Ela Township Town Hall (Supervisor/Clerk Office)

1155 E. Route 22, Lake Zurich, IL. 60047 | 847-438-7823

Ted Marciniak, Township Manager

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 Surrise 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

April In Paris

Friday, April 21

Patio Taco Pop-Up

Friday, May 12

Pig Roast

Friday, June 23