

Ela Township 55+

October, November, December 2023



Help us help you!

Please take a moment to fill out the survey on Page 31

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 OCTOBER 4-6, NOVEMBER 13, 23, 24 AND DECEMBER 22, 25

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.

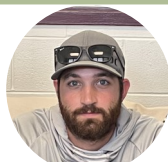
MEET THE ELA COMMUNITY CENTER STAFF



Susan Dillon
Community Programs
Director



Jim Dalbec
Assistant Community
Programs Director



Joseph Cacciatore
Youth Coordinator



Lisa Gaggiano
Resource Specialist



Jill Barnes
Program Specialist

TABLE OF CONTENTS

Misc. Info.....	2
Youth Programs.....	3
Special Events.....	4
Volunteer Info	5
Services.....	6-7
Long Distance Travel.....	8-9
Day Trips	10-11
Cuisine Club/Men's Programs.....	12
Clubs.....	13
Lunch & Learns.....	14
Ela Eatery Menu/Movies.....	15
Think Tank.....	16
Ela U.....	17
Health & Wellness.....	18
Programs & Classes.....	19-21
Evening Programs.....	22-24
Friday Fun Nights.....	25
Holiday Happenings.....	26
Calendar Page.....	27
Registration.....	28-30
Survey.....	31



Laura Kulawik
Evening Coordinator



Lynn Neumaier
Registration Specialist



Barb Orchard
Day Trip/Event Specialist

ELA TOWNSHIP BUS SERVICE

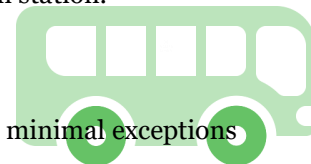
Need transportation for shopping, errands, doctor, dentist or hair appointments? Ela Township Bus Service is offered to Ela Township residents who are 55 years or older and/or handicapped. Ela Bus Service also provides transportation to the Barrington and Palatine train station.

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.

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

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.

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**

Dates: November 6, January 20, & April 7

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**

Dates: December 20, February 16, & May 17

***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.

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 26-29, January 2-5, and January 8

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

Cost? \$50 per day per child

SPECIAL EVENTS



Veterans Day Luncheon

Thursday, November 9

11:30am — 12:30pm

Ela Township Community Center

Lunch Menu: Honey Spiral Ham, Scalloped Potatoes,
Mixed Vegetables, Salad & Dessert

Free for all veterans who sign up!

All other guests: \$10 Resident/ \$15 Non-Resident

Registration deadline is November 2.

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 16

Noon—1:00pm

Join your friends at Ela 55+ for our 3rd 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....pie!



Fee: \$15 Resident/\$20 Non—Resident

Cash Bar

Register by November 9.



AARP Safe Driving

Thursday, November 30 & Friday, December 1

9:00am—1:00pm

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

Fee: \$15 AARP Members/\$20 Non-Members Make check payable to AARP.

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.

VOLUNTEERS NEEDED



Ela Township Community Center Needs You!

- **Friendly Home Visitor is BACK:** Ela Township 55+ is in search of enthusiastic and caring individuals who would like to visit senior residents looking for companionship and friendship. The **Friendly Home Visitor Program** was created for seniors who would like socialization/interaction and are unable to leave their homes. Volunteers may discuss current events, play a card game or read a book together. If interested in becoming a friendly visitor, please contact Laura.
- **Reception Desk:** Friendly faces needed to greet visitors, answer questions, accept registrations and miscellaneous office help. Afternoon and evening shifts needed. Subs needed for all shifts.
- **Dishwashing:** We would love some extra help in the kitchen on Thursdays for lunch service, monthly help cleaning up for cooking classes and Friday night Special Events.
- **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!

Need more info? Just ask Laura and she can fill you in.

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

Pillow Making Workshop

Friday, November 10, 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)
- Crutches
- Canes
- Wheelchairs
- Toilet risers
- Shower chairs

Donations of *clean*, gently used equipment are also appreciated. Contact our Ela Township Health and Wellness Department to inquire about availability (847)540-8380.

Ela Township Town Hall: 1155 E. Route 22, Lake Zurich, IL. 60047

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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 3, November 7, December 5
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 11, November 8, December 13
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 27, 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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SERVICES & EVENTS

MEDICARE & YOU

Medicare Open Enrollment

October 15—December 7, 2023
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 2024!

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

Wednesday Evening Appointments

Starting October 18 from 5:30—7:30pm

Every Wednesday evening during Open Enrollment, there will be several SHIP counselors available at the Ela Township Community Center to help with your enrollment. Appointments must be scheduled, call now to make sure you get in.

Open Enrollment 101

Wednesday, October 11

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



VACCINE CLINIC

3rd Friday of Every Month

9:00am—11:00am

Facilitated by the friendly pharmacists at Jewel Osco

October 20, November 17, December 15

Let us help you stay up to date on ALL of your vaccines.

Each month, Jewel Osco will be here to meet all of your vaccine needs.

Just call to register at 847-438-9160

VACCINATION
CLINICS



- COVID: Both Pfizer & Moderna (new variant)
- Shingrix
- Flu
- Pneumonia
- Tetanus-Diphtheria-Whooping Cough

Receive a 10% off Grocery Coupon with every vaccine!

2023- 2024 LONG DISTANCE TRAVEL

WHY GROUP TRAVEL?:

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

Long Distance Travel and Informational Meetings

REGISTRATION IS REQUIRED FOR ALL INFORMATION MEETINGS!

CALIFORNIA DREAMIN' NEW DATES

October 9 —18, 2023

Document Meeting: Monday, September 25 at 4:00pm

SPOTLIGHT ON SAN ANTONIO HOLIDAY

November 30 – December 4, 2023

Document Meeting: Friday, November 17 at 5:00pm

LADIES ONLY: HARBOR COUNTY MICHIGAN

May 21 — 23, 2024

Information Meeting: Monday, December 11 at 6:00pm

EXPLORING BRITAIN & IRELAND:

With Scotland, England, Wales & Ireland

June 1-15, 2024 **SOLD OUT**

August 25– September 8, 2024 **20 SPACES LEFT**

Information Meeting: Monday, December 18 at 6:00pm

SPOTLIGHT ON TUSCANY

November 5 — 13, 2024

Information Meeting: Monday, December 18 at 7:00pm

California Dreamin' NEW DATES

Monterey, Yosemite, Napa & San Francisco

October 9 —18, 2023

DOCUMENT MEETING MONDAY, SEPTEMBER 25 at 4:00PM

Double \$3899 Per Person Single \$4899
INCLUDES AIR, ACCOMMODATIONS & MORE

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

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

Spotlight on San Antonio Holiday

November 30–December 4, 2023

5 Days 4 Nights 5 Meals

DOCUMENT MEETING FRIDAY, NOVEMBER 17 AT 5:00PM

Double \$2,498 Per Person Single \$2,898
INCLUDES AIR, ACCOMMODATIONS, INSURANCE & MORE

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



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

LONG DISTANCE TRAVEL 2024

Ladies Only: Harbor Country Michigan Ela 55+ Exclusive Trip

May 21–23, 2024

Single \$600 Resident/\$650 Non–Resident

ALL GRATUITIES INCLUDED

INFORMATION MEETING MONDAY, DECEMBER 11 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.



- | | | | |
|----------------------|-----------------|-----------------|-------------------------|
| • 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 |

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

Two Departure Dates:

June 1-15, 2024 **SOLD OUT**

August 25– September 8, 2024 **20 SPACES LEFT**

INFORMATION MEETING MONDAY, DECEMBER 18 AT 6:00PM

Double \$6,899 Per Person Single \$8,099 Triple \$6,849

INCLUDES AIR, ACCOMMODATIONS, INSURANCE & MORE



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



Spotlight on Tuscany

November 5–13, 2024

INFORMATION MEETING MONDAY, DECEMBER 18 AT 7:00PM

Double \$3,749 Per Person Single \$4,049 Triple \$3,719

INCLUDES AIR, ACCOMMODATIONS, INSURANCE & MORE

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

- | | | |
|---------------------|-----------------|-----------------|
| • Montecatini Terme | • Winery Tour | • Cheese Farm |
| • Lucca | • Florence | • San Gimignano |
| • Gothic Line | • Pisa | |
| | • Cooking Class | |



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Hamilton

Nederlander Theatre in Chicago

Tuesday, November 28

5:00 pm – LATE

The most popular musical of our time!

We are hitting the Chicago Broadway scene AGAIN!

From its opening, Hamilton has received near-universal acclaim when it premiered Off-Broadway on February 17, 2015. At the 70th Tony Awards, Hamilton received a record-breaking 16 nominations and won 11 awards, including Best Musical. Featuring a score that blends hip-hop, jazz, R&B and Broadway, HAMILTON has taken the story of American founding father Alexander Hamilton and created a revolutionary moment in theatre – a musical that has had a profound impact on culture, politics and education.

With book, music and lyrics by Lin-Manuel Miranda, direction by Thomas Kail, choreography by Andy Blankenbuehler, and musical supervision and orchestrations by Alex Lacamoire, HAMILTON is based on Ron Chernow's acclaimed biography. *Remember to eat before you come to the center and this is upper balcony seats.*

Meet at the Community Center at 5:00 pm to pick up your lanyards and depart at 5:15 pm

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

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



John G. Shedd Aquarium

1200 DuSable Lake Shore Drive, Chicago, IL

Monday, October 30

9:30am – 5:00pm

Welcome to Shedd Aquarium! During your self-guided tour choose your favorite exhibits and check out the Animal Spotlights schedule at the Abbott Oceanarium, starting every half hour. Dolphins? Penguins? Sea Lions? Beluga whales? During the Animal Spotlights you never know who

might show up. Add to your experience and **download the Shedd Go! App**: Let the Shedd Go app guide you on your aquarium journey, right from your own mobile device.

Octopus: Blue Planet II 4D Experience® Dive beneath the surface to explore our planet's oceans and one of the most captivating creatures that dwells there: the octopus. Discover how this eight-tentacled wonder masters physical and mental strengths to outwit and escape its underwater rivals including the pyjama shark and sally lightfoot crab. Wave after wave of excitement reveals extraordinary octopus behaviors and dynamic oceanic landscapes in this special effects experience inspired by the critically-acclaimed BBC series, Blue Planet II.

Bubble Net Food Court Explore a menu that features pizza, iconic Chicago foods like the Chicago dog and Italian beef, grass-fed burgers, sustainable-sourced fish and chips, house-made soups, and artisan grain bowls. We also offer vegetarian choices like the Beyond Burger™. The Bubble Net Food Court is located in the Abbott Oceanarium on lower level 1, near the sea otters.

9:15am	Meet at the Community Center to pick up your lanyards
9:30am	Depart
11:00am	Arrive at John G. Shedd Aquarium
11:15am-12:10pm	Self Guided Touring
12:20pm	Octopus Experience
1:00-3:00pm	Lunch & Complete Self Guided Touring
3:15pm	Board Coach
3:30pm	Depart for Ela Community Center

Fee: \$75 Resident/ \$85 Non-Resident

Fee includes admission to Aquarium & 4D Experience, deluxe coach transportation and driver's tip.

Register by October 23.



DAY TRIPS



Sanfilippo Estate

789 Plum Tree Road, Barrington, IL

Tuesday, December 5

11:30am — 5:00pm

Start your holiday visit to the Sanfilippo Estate for holiday festivities with a visit to the Carousel Pavilion for an elegant catered sit-down lunch to include wine service. During lunch learn the history of some of the items that are housed in the Carousel Pavilion and continue after lunch with a short time of touring the Pavilion, including the fabulous Eden Palais Carousel. Mid-afternoon make your way to the Estate Museum House where we will enjoy a

90- minute Christmas Concert played on a massive 8,000 pipe 1927 Wurlitzer Pipe Organ. After the concert guests will be

treated with a tour of the Sanfilippo residence and enjoy some spectacular music machines that are graciously on full

display and demonstrated by docents. This is a very limited event so register early!

Meet at the Community Center at 11:15am to pick up your lanyards and depart at 11:30am.



Register by November 28.

Fee: \$110 Resident/ \$115 Non-Resident Fee includes ticket, lunch, and School Bus transportation



INTERGENERATIONAL DAY TRIP



Intergenerational Trip

The Snow Queen

Marriott Lincolnshire

Thursday, December 28

10:00 — 11:00am

Be spirited away by this new musical adaptation of Hans Christian Andersen's fantastical coming-of-age adventure that inspired the hit Disney movie Frozen. Join Gerda on a dangerous and whimsical quest to save her best friend Kai before he is trapped forever in the Snow Queen's palace.

Dare to enter a world where flowers sing, animals talk, and riddles yearn to be solved. With an original pop-rock score, alluring ballads, and the enigmatic Snow Queen, you'll soon see this is not your average bedtime story. 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.

\$16 each first 4 tickets/\$20 all subsequent tickets

\$20/ticket for Non-Resident

Ticket purchase is first come first served.

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CUISINE CLUB



Zin Gastropub

Tuesday, October 24, 12:00pm

583 N. Rand Rd. Lake Zurich, IL 847-946-4167

Zin Gastropub is family owned, and prides themselves in organic ingredients sourced from local farms, distilleries and beer makers to create unique and flavorful dishes.

Lunch starts with the **Zin Salad**: mixed greens, heirloom tomatoes, carrots, pecans, cucumber, and gorgonzola with an orange basil vinaigrette. Next, choose from: **Zin Burger**: 1/2 pound grass fed sirloin, pepper jack cheese, onion ring, bacon, coleslaw and *Bama BBQ* sauce; **Chicken Fried Chicken**: White Sausage gravy, garlic mashed potatoes, seasonal vegetables. **Pan Seared Cod**: White wine butter Sauce, rice and vegetables. Save room for their delicious Bread Pudding for dessert. Soft drinks, coffee and tea are included. Cash bar.

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

Register by October 17

Self Drive Event



Bacchus Nibbles

Monday, November 20, 5:00pm

800 W. Main Street, Lake Zurich

224-294-0529

So local you can't resist. Join us at Bacchus Nibbles for dinner. Each entrée will include a house salad, bread, soft drinks, tea and coffee. Choose from **Teriyaki Chicken** served with rice and vegetables, **Fresh Baked Bassa** served with mashed potatoes and vegetables, or **Filet Mignon Kabobs** served with rice and vegetables. Please include your entrée choice with your registration. After dinner, enjoy delicious chocolate mousse. Cash bar; owners have asked that you pay your bar tab with cash.

Fee: \$45 Resident / \$50 Non—Resident

Register by November 13

Self Drive Event

MENS PROGRAMS

Men's Morning Coffee

Fridays

9:00 — 10:00am

The powers of a
man's mind are
directly proportioned
to the quantity of
coffee he drinks.

SIR JAMES MACKINTOSH

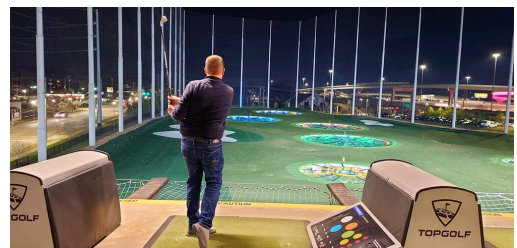
Enjoy coffee and light snacks with the guys and chat about whatever comes up. From health and wellness to sports; music to war; weather to women.

Registration is required. No Charge

Men's Trip: Top Golf

2050 Progress Pkwy, Schaumburg, IL

Tuesday, November 7, 10:00am — 12:00pm



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.

FEE: \$15 Resident / \$20 Non—Resident

(Ride for \$5 Extra) **LUNCH IS ON YOUR OWN**

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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.

Fee: \$5 Month

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!

Fee: \$5 Month

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

Fee: \$5 Month

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, November 8

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

MONDAY

CANASTA
10:00—11:30am
OPEN FOR ALL

TUESDAY

POKER
9:00—11:00am
PINOCHLE
10:00—11:30am
BRIDGE
12:00—3:00pm
GAMES OPEN FOR ALL

THURSDAY

BINGO
12:00—1:30pm
OPEN FOR ALL

PARTICIPANTS MUST REGISTER FOR ALL GAMES

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**

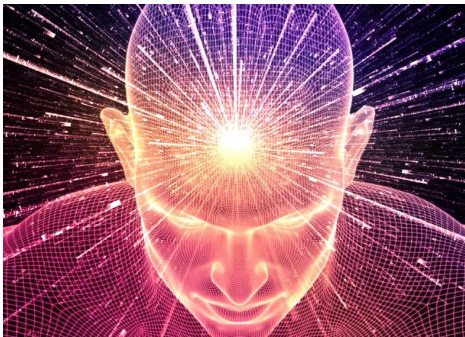
October

Mind Games

William Pack

October 3

Our brain decides how we perceive everything around us. It finds patterns and solves problems efficiently, except for when it lies to us. William explores the science of how our brains trick us into seeing and believing things that don't exist. We'll also learn how to improve brain health.

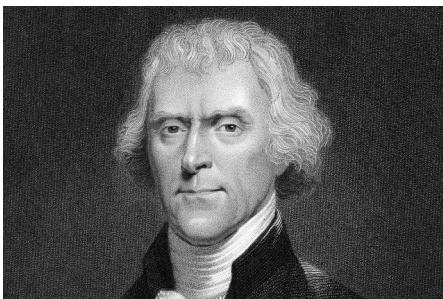


Thomas Jefferson Reconsidered

Gary Midkiff

October 31

Thomas Jefferson was a great American who owned slaves. He authored the Declaration of Independence and as President advocated for the Louisiana Purchase (which many historians regard as the singular most important Presidential decision in U.S. history). But again...he owned slaves. This class will try to put into perspective the elements of Jefferson's monumental legacy.



November

D-Day: Normandy

Jim Gibbons

November 14

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.

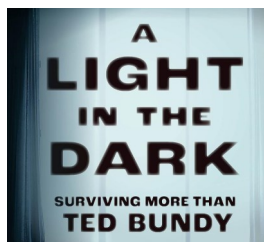


A Light in the Dark: Surviving More Than Ted Bundy

Emilie Lucchesi

November 28

Serial killer Ted Bundy killed more than 30 women and girls. He was portrayed as a handsome killer who charmed women when in reality, he unnerved most women he met and resorted to kidnapping his victims or attacking them. Dr. Emilie Le Beau Lucchesi explains the media framing of Ted Bundy and why it continues today. She is the co-author of "A Light in The Dark: Surviving More Than Ted Bundy," with Kathy Kleiner Rubin, who survived Bundy's 1979 attack.



December

Funniest Christmas Movie Moments

Steven Frenzel

December 12

Celebrate the holiday season with the greatest moments from modern and classic holiday movies. We'll laugh at some of the funniest moments and revisit touching scenes from our childhood. We'll learn fascinating trivia about our beloved holiday stories, and see wonderful films that we love but haven't seen in years.



Nellie Bly

Lynn Rymarz

December 19

For newspaper reporter Nellie Bly, nothing was too daring or too impossible to scoop a story for a headline. Hear about her life lessons, and some of her stories, such as how she got herself committed to an insane asylum, was arrested, danced as a chorus girl, rode an elephant and raced around the world in record-breaking time.



Ela Eatery Homemade Lunches

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. To Go Containers .50 each.

Tue, 10/3 Italian Meatball Sandwich w/ Red Sauce, Salad

Thu, 10/5 **CENTER CLOSED**

Tue, 10/10 Chicken & Vegetable Teriyaki with Rice

Thu, 10/12 Korean Beef Tacos, Asian Slaw

Tue, 10/17 Beer Brats, German Potato Salad

Thu, 10/19 Sloppy Joe's, Baked Beans

Tue, 10/24 **NO LUNCH-CUISINE CLUB**

Thu, 10/26 Fall Chicken Salad, Croissant

Tue, 10/31 Chicken Enchiladas, Ranchero Beans

Thu, 11/2 Baked Lasagna, Salad

Tue, 11/7 Italian Sausage & Peppers, Salad

Thu, 11/9 **VETERAN'S LUNCHEON**

Tue, 11/14 Lentil & Sausage Stew, French Bread

Thu, 11/16 **FRIENDSGIVING**

Tue, 11/21 Pulled Pork, Cole Slaw

Thu, 11/23 **CLOSED FOR THANKSGIVING**

Tue, 11/28 Thai Basil Beef w/ Coconut Rice

Thu, 11/30 Giada's Pork Meatballs & Sauce w/ Pasta, Broccoli

Tue, 12/5 **NO LUNCH SAN FILLIPPO**

Thu, 12/7 Italian Beef Sandwich, Pasta Salad

Tue, 12/12 Chili, Corn Bread

Thu, 12/14 Baked Mostaccioli, Green Salad

Tue, 12/19 Greek Chicken, Salad

Thu, 12/21 Scalloped Ham & Potatoes, Salad

Tue, 12/26 Tuscan White Bean Soup, Fresh Bread

Thu, 12/28 Turkey Noodle Soup, Roll

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



Eating Around the World

Join us for the *VERY SPECIAL*, Eating Around the World! This month *YOU* will be showing us what special ethnic holiday dish your family enjoys.

International Holiday Potluck

Wednesday, December 6, 12:00—1:00pm

**Bring your family favorite holiday dish to share with others.
Please write down what your dish will be with your registration.
Fee: \$5 Resident/ \$10 Non — Resident**

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

October 26

Champions

Fall Chicken Salad, Croissant

A former minor-league basketball coach is ordered by the court to manage a team of players with intellectual disabilities. He soon realizes that despite his doubts, together, this team can go further than they ever imagined.



November 2

Jerry & Marge Go Large

Baked Lasagna, Salad

Inspired by the remarkable true story of retiree Jerry Selbee, who discovers a mathematical loophole in the Massachusetts lottery and, with the help of his wife, Marge, wins millions and uses the money to revive their small Michigan town.



December 7

Spirited

Italian Beef, Pasta Salad

A musical version of the classic Christmas story by Charles Dickens. A miserly man who treats everyone around him with terrible selfishness finds himself on a fantastical adventure into the three phases of time: past, present, and future, in order to discover how he ended up so miserable and alone.



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

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.



October 2: After Uvalde

A year after the Uvalde school shooting, this documentary explores the community's trauma and the fight over assault rifles. Journalist Maria Hinojosa examines the police response, Uvalde's history of struggle and its efforts to heal. What can be done and what should be done?

November 6:

America's Dangerous Trucks

Deadly traffic accidents involving large trucks have surged over the past decade. One gruesome kind of truck accident, underride crashes, keeps happening. The claim is that safety is always the top priority, so why do proposals to prevent underride crashes keep getting declined?

December 4: Borrowed Future

Americans owed \$1.71 trillion in student loan debt as of Dec. 2020. More than 2 millions students will go to college this year. More than 1.4 million will take out student loans. Borrowed Future uncovers the dark side of the student loan industry and exposes how the system is built to work against you.

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

Navalny

Wednesday, October 25, 12:00 — 2:00pm

On August 20, 2020, Russian opposition leader Alexei Navalny was poisoned on a domestic flight from Siberia to Moscow. The plane needed to make an emergency landing and Navalny was put in a coma. He was ultimately transferred from a Russian hospital to Germany both for further fear for his life if left in Russia without protection. The film tells about the events related to the poisoning and the subsequent investigation.

The First Wave

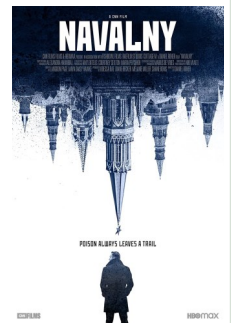
Wednesday, November 15, 12:00 — 2:00pm

With exclusive access inside one of New York's hardest hit hospital systems during the first four months of the pandemic, this documentary spotlights the everyday heroes at the epicenter of COVID-19 as they come together to fight one of the greatest threats the world has ever encountered. Leaving a devastating trail of death and despair, this pandemic changed the very fabric of our daily lives and exposed long-standing inequities in our society. Watch a group of doctors, nurses and patients on the frontlines as they display the strength of the human spirit.

The Deepest Breath

Wednesday, December 20, 12:00 — 2:00pm

Descending to remarkable depths below the sea on one single breath, Alessia Zecchini is determined to set a new world record in freediving, a dangerous extreme sport in which competitors attempt to reach the greatest depth without the use of scuba gear. Free divers are often subject to blackouts upon ascent, necessitating the help of safety divers like Stephen Keenan. Having formed a special bond on the freediving circuit, Alessia and Stephen train together to make an attempt on an 85-foot-long tunnel 184 feet below the Red Sea.





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 18: Week #1

October 25: Week #2

November 1: Week #3

November 8: Week #4

November 15: Week #5

November 22: Week #6

November 29: Week #7

December 6: Week #8



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

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

Cook by the Book - Half Baked Harvest

Thursdays, 6:00 – 7:00pm

Fast. Flavorful. Foolproof.

This is food blogger and cookbook author Tieghan Gerard's second book.

"The more than 125 recipes in Half Baked Harvest Super Simple are straightforward yet delicious"

Thursday, October 19 Soups on!

Golden Butternut Squash Soup Butter Roasted

Tomato Soup

Honey'd Brie Grilled Cheese

Thursday, November 2 Holiday Party Recipes

Ricotta Crostini with Honey Roasted Grapes

Zucchini Bites with Goat Cheese and Thyme

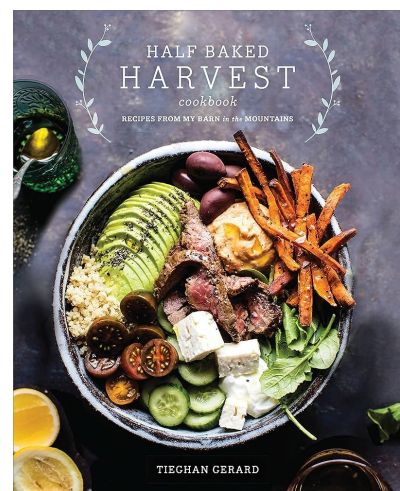
Snickerdoodle Cookie with Eggnog Frosting

Thursday, December 21 Holiday Breakfast & Brunch

Brioche French Toast with Fruit Jam

Buttery Croissant Strata with Spinach & Prosciutto

Cinnamon Roll Bread with Chai Frosting



Entire Course: \$30 Resident/\$ 40 Non—Resident

Registration is Required. No Pro-Rating

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	CIRCUIT CHALLENGE 6:00—6:45pm	CHAIR YOGA 10:00—10:45am	STRICTLY SITTING 10:00—10:45am	RESTORATIVE YOGA 10:00—10:45am
		STRENGTH TRAINING 1:00—1:45pm		ZUMBA 11:00—11:45pm

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

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.

CIRCUIT CHALLENGE: PUNCH CARD NEW!

TUESDAYS, 6:00 — 6:45pm

Challenging and fun total body workout. Participants **MUST** be able to jump, do a push up and get up from and down to the floor. A variety of equipment will be used. This class can take you to your next fitness level.

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.

STRENGTH TRAINING: FOR MEN & WOMEN PUNCH CARD NEW!

WEDNESDAYS, 1:00 — 1:45pm

By strengthening the body's largest muscle groups through functional movements, these exercises will translate to improved performance at everyday tasks such as climbing stairs, carrying groceries, and playing with your grandkids. This 45 minute class will challenge your strength, balance, and flexibility. All levels are welcomed. Seated and standing class.

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.

ZUMBA: PUNCH CARD NEW!

FRIDAYS, 11:00 — 11:45pm

Burn calories while having fun! This high-energy cardio class combines music, Latin-inspired dance and tons of fun. Burn calories, relieve stress, tone, improve coordination and improve your mood while getting a full-body workout.

PROGRAMS & CLASSES



PHOTOGRAPHY WORKSHOP

Take Better Pictures: Photography Help Wednesdays

10:00—12:00am

October 18, November 22, December 20

Everyone can learn a thing or two...or three about taking better pictures! Here's your chance, especially before you see your family over the holidays to learn the tips and tricks to taking better pics. Whether you use a camera, an iPad or your phone, we will meet you where you are with photography and figure it out together.

Fee Per Month: \$5 Resident / \$10 Non-Resident

RTA

Thursday, October 12

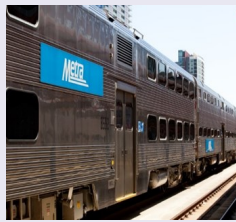
Noon—1:00pm

Accessible Metra, Pace and CTA buses and trains are easy to use and the Regional Transportation Authority (RTA) would love to show you how! We welcome older adults and people with disabilities to join us to learn about accessible public transit options and traveling independently.

Topics Covered Include:

- Local Public Transportation Options
- Accessibility features on Pace and Metra
- Planning an Accessible Trip
- RTA's Reduced Fare and Ride Free Programs
- RTA's Free Travel Training Program
- Q & A sessions with an RTA Representative

No Fee



Registration is required.



Safe Holiday Shopping & General Personal Safety

Wednesday, November 1

Noon—1:00pm

Join us again as we welcome back Lake Zurich resident and recently retired Palatine Police Officer, Kellie Poliquin. Kellie has 27 years of Law Enforcement Experience and 16 years experience as a Crime Prevention Specialist. She will discuss all the tips and tricks to stay safe this holiday season.

No Fee

Registration is Required.

Bowling

Tuesday, November 14

2:00—4:00pm

Bowlero

21080 N. Route 12, Lake Zurich



Bowling is BACK! Come join us once again and we stay active indoors while having fun. Whether your scores are double digit or triple digit, all are welcome to join in on the action. If we can get a good turnout, we're hoping to offer this monthly in 2024.

Fee: \$18 Resident/\$20 Non-Resident (fee includes two hours of bowling and shoes)
Self-Drive Event

PROGRAMS & CLASSES



Owl Prowl

Ryerson Forest Preserve

Monday, November 27

6:30 – 8:00pm

21950 Riverwoods Rd, Riverwoods, IL 60015

Join an ornithologist from Lake County Forest Preserve for a captivating night exploring the mystery of owls at the Ryerson Woods Conservation Area. We will discuss owl behavior and identification, as well as the places these fascinating birds are most likely to be seen. LCFP may even demonstrate a barred owl call.

After the discussion, the ornithologist will lead a walk in the woods to look and listen for these enigmatic birds. Please dress warmly, and bring along a flashlight and binoculars. **Self-Drive**

Fee: \$5 Resident / \$10 Non – Resident

Registration is required.

Nature Walk

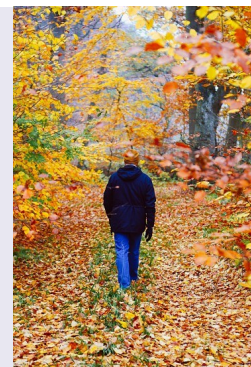
Cuba Marsh Forest Preserve, 24205 W. Cuba Road, Deer Park, IL 60010

Thursdays, 8:00 – 8:30am

Walking in nature is a simple yet powerful way to improve your physical, emotional and mental health, having been shown to have wide-ranging health benefits, including reducing stress and anxiety, improving mood, and increasing overall well-being. It can also help lower blood pressure and improve cardiovascular fitness. Join us on Thursday mornings to beat the holiday/winter doldrums and get our blood pumping. Please dress appropriately for the weather and terrain. We will meet at the sign inside the main entrance at the trail head.

No Fee

Registration is required.



Lake County Forest Preserves

www.LCFPD.org



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.



Robberies, Hold Ups and Shootouts: True Crimes of Lake County

Thursday, October 19 Noon— 1:00pm

Hear infamous true crime stories of Lake County ranging from Rondout Train Robbery to the Fox Lake Massacre. This presentation will examine the historical evidence to focus on the who's, what's, and where's of fascinating historic crimes.

Fee: \$5 Resident/\$10 Non—Resident

Registration is required.



Owls of Lake County

Tuesday, November 21 Noon— 1:00pm

Throughout the year, seven different species of owl live in, or migrate to, Lake County. Learn about the natural history of each species and their unique adaptations.

Fee: \$5 Resident/\$10 Non—Resident

Registration is required.

CENTER CLOSED OCTOBER 4-6, NOVEMBER 13, 23, 24 AND DECEMBER 22, 25

PROGRAMS & CLASSES



First Fridays Club

Time to connect with people, build friendships and get out of the house. 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!

Moretti's

Friday, October 13

6:30 — 8:30pm

128 Wool Street, Barrington

Taste of Paris

Friday, November 3

10:00am

161 North Seymour Ave, Mundelein

Planning for 2024

Friday, December 1

4:00 — 6:00pm

Ela Community Center



Join us for Pizza and LIVE music! We will order a few specialty pizzas, drinks and enjoy live music.



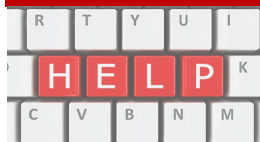
Meet up at this quaint eatery for a French breakfast, along with specialty coffee and a bakery counter. Plan on bringing a pastry or two home!



What are your ideas for this group? Bring them to the group as we plan out all of our events for 2024. Dinner will be included.

Self Pay Registration Required Self Pay Registration Required Fee: \$15 Resident / \$18 Non-Resident

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



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 .
All devices must be portable.



Turn Your Phone Into a Credit Card

Tuesday, October 17

Noon — 1:00pm

Tired of watching everyone else use their smartphone at checkout and not know how to do the same? Learn the simple steps to turn your smartphone into your credit card. Come with your questions and fully charged smartphone to class.

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



First Aid



CPR



AED

Senior First Aid

Thursday, December 21

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

EVENING PROGRAMS & CLASSES

CRAFTS

Reversible Pumpkin Snowman

Tuesday, October 10

5:00 — 6:30pm



Make a reversible wood slice decoration with pumpkins on one side and a snowman on the other. This cute holiday craft can be used for both the fall and winter seasons!

Fee: \$40 Resident/\$45 Non—Resident

Sign up at least one week in advance.

Pinecone Trees

Tuesday, November 7

5:00 — 6:30pm



Easy to create, this pinecone tree can be used as a centerpiece or festive décor throughout the winter months. You will be able to embellish with berries, ornaments and even a bird.

Fee: \$25 Resident/\$30 Non—Resident

Sign up at least one week in advance.

Homemade Vanilla Extract

Tuesday, December 5

5:00 — 6:30pm



Make a batch of homemade vanilla extract for the hostess who loves to bake... she'll love that it's homemade.

Fee: \$25 Resident/\$30 Non—Resident

Sign up at least one week in advance.

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

Intuitive Eating

October 25



Intuitive eating asks you to unlearn the negative messages about food and eating that society has taught us to believe. Join Registered dietitian, Laura Burk, to learn the 10 simple principles of Intuitive eating to identify and trust your body and hunger cues.

Quick & Healthy Meals on a Budget

November 22



For anyone who wants to stretch their dollars, this one is for YOU! Registered Dietitian, Laura Burk, will help spend responsibly and cook healthfully with quick, healthy meals on a budget.

Jump Start Your Metabolism for the New Year

December 20



Did you know that your lifestyle can impact how well your metabolism functions? Your metabolism converts food into energy that can help you maintain a healthy weight. Join Registered dietitian, Laura Burk to learn and implement simple nutrition and exercise techniques to jumpstart your body's metabolism every day.

EVENING PROGRAMS & CLASSES



Shake, Rattle, and Roll with BUNCO!

Thursdays, October 26, November 30, December 21

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

Ice Cream with the Director

Monday, November 6

5:30 – 6:00pm

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

No Charge

Registration is required.



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.

October 17

Meg Jay

Essential Questions To Ask Your Future Self



November 14

Eduardo Briceño

How To Get Better At The Things You Care About



December 12

Sophie Scott

Why We Laugh



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

Round Table Conversation with Matt Greenwaldt

Mayflower Tours

Wednesday, November 15

6:00 – 7:00pm

Join Matt Greenwaldt, Director of Group Sales for Mayflower Cruises & Travel for an open round table conversation regarding cruising with Mayflower. Matt will

talk through previous issues, how they have been addressed, how we move forward and ideas for future cruises if possible. We strongly urge anyone who joined us for the Danube Cruise to attend this evening.

Registration is required.



EVENING PROGRAMS & CLASSES



Music Trivia Nights

Fridays, October 20, November 10, December 15
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. Cash Bar.

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 5:30 – 7:30pm

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

Fee For Each: \$3 Resident/ \$5 Non—Resident



October 24



November 21



December 19

October: *Tina—Tina Turner, Her Life, Her Story* 2021

November: *If These Walls Could Sing—Abbey Road Studios* 2022

December: *Dolly Parton—Here I Am* 2019

Holiday Glögg

Monday, December 4

6:00 – 7:00pm

Warm up the cold winter nights with a soul satisfying mug of Glögg, the traditional Swedish punch made from spiced wine, similar to mulled wine but more involved and served warm. Everyone will go home with their own bottle to share during the holidays, or make the perfect hostess gift.

Fee: \$15 Resident/ \$20 Non—Resident
Register by November 27



CENTER CLOSED OCTOBER 4-6, NOVEMBER 13, 23, 24 AND DECEMBER 22, 25

FRIDAY FUN NIGHTS



Halloween Karaoke

Friday, October 27

6:30 — 8:00pm

Get your best costume together and join the fun!
Sing your heart out...no one will know it's you!

Light Snacks & Cash Bar

Prizes!

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

Register by October 20



Virtual Wine Tasting

Friday, November 3

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.

Fee: \$15 Resident/\$25 Non—Resident Register by October 29



Friday Night Concert with Stolie

Friday, December 1

6:30 — 8:00pm

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

Enjoy live music and comradery at the Community Center.

Cash bar, light snacks, great music!

Fee: \$10 Resident/ \$15 Non—Resident

Register by November 27



Holiday Jingle Ball

Friday, December 8

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 2023 with our friends. After cocktails, guests will be seated to enjoy a delicious dinner followed by dancing to our 16 piece orchestra.

Dinner Menu: *Herbed Roasted Pork Loin & Chicken Thighs with Creamy Dijon Mushroom Sauce, Roasted New Potatoes with Zucchini, Carrots and Shallots. Mixed Greens with Apples, Spiced Nuts & Blue Cheese Crumbles, Warm Bread.*

Dessert: *Chef's Choice*

Fee: \$20 Resident/ \$30 Non—Resident

Register by December 1

HOLIDAY HAPPENINGS

Happy
FRIENDSGIVING



Friendsgiving Lunch

Thursday, November 16

Noon—1:00pm

Join your friends at Ela 55+ for our 3rd 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...pie!

Fee: \$15 Resident/\$20 Non—Resident Cash Bar

Register by November 9



International Holiday Potluck

Wednesday, December 6

Noon—1:00pm

Bring your family favorite holiday dish to share with others. Please write down what your dish will be with your registration.

Fee: \$5 Resident/ \$10 Non — Resident

Register by November 29



Cookies, Candy, Cocoa & Holiday Cheer

Wednesday, December 13

Noon—1:00pm

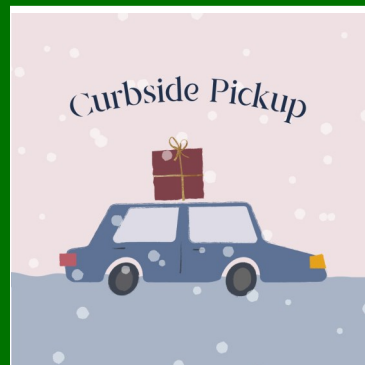
Ela 55+ has thrown away that old recipe for cookie exchanges! Join us for a fun time of home-baked cookies and candies, delicious hot cocoa, holiday spirits and music of the season.

Arrive with 4 dozen of your favorite home baked cookies or candy, a container to bring your treats home in, and a hearty dose of holiday cheer.

Please submit the recipe for your cookies by December 1. We will compile all submitted recipes and hand them out on the 13th.

Fee: \$5 Residents/\$10 Non—Residents

Register by December 6



New Year's Eve Dinner Pick-Up

Friday, December 29

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: Mixed Greens with Fennel, Oranges & Pomegranate with Champagne Vinaigrette; Provencal Beef Stew with Parmesan Garlic Smashed Potatoes; Flourless Chocolate Cake with Raspberry Coulis

Fee: \$15 Resident/\$20 Non—Resident

Register by December 22

OCTOBER 2023

2 Open Discussions	3 Lunch & Learn Alzheimer's Support	4 CENTER CLOSED	5 CENTER CLOSED	6 CENTER CLOSED
9	10 Craft: Pumpkin Snowman	11 Open Enrollment 101 Parkinson's Support	12 RTA Poetry Patch Ela Board Meeting	13 First Fridays
16 Document Meeting	17 TED Talk	18 Road To Happiness	19 Lake County True Crimes	20 Vaccine Clinic Music Trivia Night
23/30 Shedd Aquarium Trip	24/31 Zin Gastropub Lunch & Learn Music Reel Talk	25 Reel Talk Road To Happiness Snack & Chat	26 Lunch & Movie BUNCO!	27 Death Café Halloween Karaoke

NOVEMBER 2023

		1 Road To Happiness Safe Holiday Shopping	2 Lunch & Movie	3 First Fridays Virtual Wine Tasting Friday Night Concert
6 Open Discussions Ice Cream with Director	7 Men's Trip: Top Golf Alzheimer's Support Craft: Pinecone Tree	8 Donuts with Director Road To Happiness Parkinson's Support	9 Veteran's Day Luncheon Ela Board Meeting	10 Pillow Making Workshop Music Trivia Night
13 CENTER CLOSED	14 Lunch & Learn Bowling TED Talk	15 Reel Talk Road To Happiness Mayflower Roundtable	16 Friendsgiving Lunch	17 Vaccine Clinic Document Meeting
20 Bacchus Nibbles	21 Owls of Lake County Music Reel Talk	22 Road To Happiness Snack & Chat	23 CENTER CLOSED	24 CENTER CLOSED
27 Owl Prowl	28 Lunch & Learn Hamilton	29 Road To Happiness	30 AARP Safe Driving BUNCO!	

DECEMBER 2023

				1 AARP Safe Driving First Fridays Friday Night Concert
4 Open Discussions	5 Sanfilippo Trip Alzheimer's Support Craft: Vanilla Extract	6 Holiday Potluck Road To Happiness	7 Lunch & Movie	8 Holiday Jingle Ball
11 Info Meeting	12 Lunch & Learn TED Talk	13 Cookie Exchange Parkinson's Support	14 Ela Board Meeting	15 Vaccine Clinic Music Trivia Night
18 Info Meetings	19 Lunch & Learn Music Reel Talk	20 Reel Talk Snack & Chat	21 Senior First Aid BUNCO!	22 CENTER CLOSED
25 CENTER CLOSED	26	27	28 Marriott Interger Trip The Snow Queen	29 NYE Dinner Pick Up

October Registration Form

Name (PLEASE PRINT CLEARLY!) _____

Resident Member ___ Non-Resident Member ___

E-Mail _____

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

[illegible]

FOR OFFICE USE ONLY DATE: _____ **INITIALS** _____

28

November Registration Form

Name (PLEASE PRINT CLEARLY!) _____

Phone (_ _ _) _ _ _ - _ _ _ _

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

SIGN ME UP FOR E-NEWSLETTER _____

FOR OFFICE USE ONLY DATE: _____ **INITIALS** _____

29

December Registration Form

Any credits issued will go into your virtual wallet.

SIGN ME UP FOR E-NEWSLETTER

PAYMENT AMOUNT: **CHECK**

HELP US HELP YOU!

Please help us ensure that our services and programs are on target by completing this survey.

Ages of all children and adults in your household: _____

Have you ever visited the Ela Township Community Center? **Yes** **No**

If you are 55 or older, are you a member of Ela 55+? **Yes** **No**

Has your child/children attended any Ela Youth Programs? **Yes** **No**

Have you ever volunteered at the Community Center? **Yes** **No**



**SURVEY AVAILABLE
ONLINE**

Ela 55+ Questions:

1. What programs/services have you enjoyed?: _____

2. What programs/services have you tried and not liked?: _____

3. What programs/services do you wish Ela 55+ offered?: _____

4. Please share ANY other feedback: _____

Ela Youth Program Questions:

5. Which program(s) has your child/children attended?: _____

6. What programs/services do you wish Ela Youth Dept. offered?: _____

7. What programs/services do you wish the Ela Community Center offered?: _____

8. Please share ANY other feedback: _____

Please return your completed survey via email at susand@elatownship.org, fax at 847-438-9196, or in person or mail to 380 Surryse Road, Lake Zurich, IL 60047

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

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

Ela Township Contacts

Ela Township Community Center

Susan Dillon, Community Programs Director

susand@elatownship.org

847-438-9160

Jim Dalbec, Assistant Director

jimd@elatownship.org

847-438-9160

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 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

Larry Bowman, Trustee

Doug Samz, Trustee

Tosi Ufodike, Trustee

Laurie Wilhoit, Trustee



Mark Your Calendar

» UPCOMING EVENTS

Vaccine Clinics

Fridays, October 20

November 17

December 17

Friendsgiving

Thursday, November 16

Holiday Jingle Ball

Friday, December 8