

# Ela Township 55+

*January, February, March 2024*



## **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](http://elatownship.org/seniors)**

**Ela Township 55+ on**



***CENTER CLOSED JANUARY 1 & 15 AND FEBRUARY 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 2024 Annual Fee prior to registering for any programs. For an annual rate of \$40 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.**

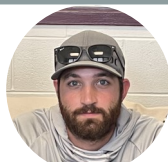
### MEET THE ELA COMMUNITY CENTER STAFF



**Susan Dillon**  
Community Programs  
Director



**Jim Dalbec**  
Assistant Community  
Programs Director



**Joseph Cacciatore**  
Youth Coordinator



**Lisa Gaggiano**  
Resource Specialist



**Jill Barnes**  
Day Trip/Event Specialist

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**Laura Kulawik**  
Evening Coordinator



**Lynn Neumaier**  
Registration Specialist



**Barb Orchard**  
Programs



**The New Year is a good time to check with the front desk to make sure all of your contact and emergency information and medical information is up-to-date and accurate.**

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](mailto: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: 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 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: 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!***

## Spring Break Camp



Join Ela Township during the week off of school! With daily field trips, games and activities, and crafts, Spring Break Camp can add some extra fun to the week!

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.

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

**When?** March 25—March 29

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

**Cost?** \$50 per day per child

# WHAT'S NEW



## Corner Salon

For Men & Women

Ela Township Community Center

Wednesdays

10:00am—2:00pm

Haircuts & Styling are back at the Ela Community Center! Mary McCullough is here to save us from all those bad-hair days! Mary is a local stylist with over 40 years of experience.

Clients need to come with hair washed.

Call ahead for appointments available Wednesdays from 10am—2pm. 847-438-9160

**Men's Cut: \$10 Resident / \$15 Non-Resident**

**Lady's Cut : \$15 Resident / \$20 Non-Resident**

**Lady's Cut & Style: \$25 Resident / \$30 Non-Resident**

**Not quite ready for a cut?....Try Blow Dry & Style: \$15 Resident / \$20 Non-Resident**

## Free Tech Help

Ela Township Community Center

Wednesdays

5:30—7:00pm

Tech Help is one-on-one instruction provided by Lake Zurich High School students who are volunteering their time and talents to help those who are stuck and need to learn some techy skills.



## Improve Your Skills for:

Laptops      Cell Phones  
Facebook

iPad/Tablets  
Internet      Instagram

Manage Apps  
Uber

Manage Photos  
Twitter & So Much More!

**Registration is required. To sign up for a time slot call 847-438-9160**



## FLOWER POWER HOUR

Ela Township Community Center

Mondays, 1:00pm — 2:00pm

**January 22: Hanging Succulent Terrarium:** Create your own hanging terrarium filled with live succulents. Easy to maintain!

**FEE: \$10 Resident / \$15 Non-Resident    Registration is required.**

**February 26: Forced Bulbs:** Brighten up your winter doldrums with some spring color and fragrance as we force bulbs for our kitchen tables & windowsills.

**FEE: \$10 Resident / \$15 Non-Resident      Registration is required**

**March 11: Forced Spring Stems:** Now is the time to help mother nature out a bit by bringing in some of those branches and watching them bloom. *Bring gloves & garden snips.*

**FEE: \$10 Resident / \$15 Non-Resident      Registration is required.**



**CENTER CLOSED JANUARY 1 & 15 AND FEBRUARY 19**

# WHAT'S NEW



**Purple Plunge!**  
**For Local Chapter of The American Cancer Society**  
**Breezewald Park, Lake Zurich**  
**Saturday, March 2**  
**9:00am**



Freezin' for a reason! Join the Ela 55+ team in raising funds for the Purple Plunge. This LOCAL 501C-3 helps patients and families in any and all ways while they are going through treatment.  
**NO NEED TO WORRY ABOUT GETTING COLD, JIM IS DOING THAT FOR YOU!**

All proceeds benefit the local chapter of the American Cancer Society. Raise dollars that will stay right here to benefit folks in your own neighborhood. Sponsor Jim Dalbec and watch your dollars at work!

**Please contact Jim Dalbec at [jimd@elatownship.org](mailto:jimd@elatownship.org) or see our display at the Ela Community Center.**

## Ela Art Show

**Friday, March 22**  
**5:00 — 7:00pm**  
**Ela Township Community Center**

Ela 55+ is proud to return with our talented local artists! Join us as we toast painters, photographers, sculptors, quilters, needle workers and artists of all mediums. This will be an evening event with light snacks and a cash bar.

**REGISTRATION IS REQUIRED. NO FEE FOR GUESTS.**



*Do you paint, draw, take photos, stitch or work in any art medium? This is your chance to share your talent. If you are interested please contact the staff at the Ela Township Community Center and make a note on your registration page. Artists are responsible for assembling, displaying and dismantling their work.*

**FEE FOR ARTISTSTO EXHIBIT THEIR WORK: \$25 RESIDENTS/\$35 NON-RESIDENTS**

**ARTISTS MUST REGISTER BY MARCH 15**

## CALLING ALL VOLUNTEERS!

**We are looking for help with  
our annual Spring Clean-Up.**

**Monday, March 25**

**10:00am–2:00pm**



**Weather Permitting**

**Contact Susan Dillon**

**[susand@elatownship.org](mailto:susand@elatownship.org)**



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

## Ela 55+ Friendly Home Visitor

Are you or someone you know unable to leave their home, but would enjoy the company of a friendly visitor? The Friendly Visitor program provides social visits by trained volunteers to home bound seniors. Regular social interaction has been proven to immensely impact the lives of individuals in an extremely positive way. We have a core of volunteers ready to brighten the day of someone on a weekly basis.

**To request a Friendly Visitor, contact Laura or Lisa at 847-438-9160 or [laurak@elatownship.org](mailto:laurak@elatownship.org), [lisag@elatownship.org](mailto:lisag@elatownship.org).**

### Pillow Making Workshop

**Friday, February 9, 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**



**CENTER CLOSED JANUARY 1 & 15 AND FEBRUARY 19**



# 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

**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**

Increase your stamina and tone your body in this low impact circuit class. Work every muscle group in this challenging 45 minute class as you go through a timed circuit.

## **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 your 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 consists 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.

# 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](mailto:lisag@elatownship.org) or [laurak@elatownship.org](mailto:laurak@elatownship.org)**



## ONE TO ONE HELP

*There are so many things to think about as we age. Each who, where, what, when and why question can be overwhelming. Advanced planning is key to so many of these questions and it will help ease your mind.*

**Tools we will help you complete:**

- **5 Wishes**
- **Comprehensive Decision Guide for End of Life**
- **Pre Estate Planning Questionnaire**
- **Assistance with Housing Options**

## SUPPORT

### Alzheimer's Caregivers Support Group

*Facilitated by Lisa Gaggiano*

**Tuesdays:** January 2, February 6, March 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:** January 10, February 14, March 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, March 8, 12:30 — 2:00pm**

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



**CENTER CLOSED JANUARY 1 & 15 AND FEBRUARY 19**

## SERVICES & EVENTS

### What's New In 2024 With Social Security

Wednesday, January 31

1:00 – 2:30pm

Keep up to date with the latest Social Security changes by attending our "What's new in 2024" event. This presentation will provide an overview of the changes with Social Security and Medicare in 2024 as well as provide an overview of Social Security's online services. There will be a Q&A at the end.

**No Charge    Registration is 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

## VACCINE CLINIC

### 3rd Friday of Every Month

**9:00am—11:00am**

*Facilitated by the friendly  
pharmacists at Jewel Osco*  
**January 19, February 16,  
March 15**

VACCINATION  
CLINICS



*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**

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

**Receive a 10% off Grocery Coupon  
with every vaccine!**

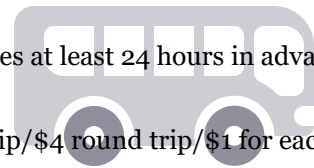
## ELA TOWNSHIP BUS SERVICE

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



## 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!**

**LADIES ONLY: HARBOR COUNTY MICHIGAN** May 21 – 23, 2024

**Information Meeting:** Monday, February 12 at 6:00pm

**COSTA RICA: A WORLD OF WONDER** January 25– February 5, 2025

**Information Meeting:** Monday, January 22 at 6:00pm

## 2024 LONG DISTANCE TRAVEL

### 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, FEBRUARY 12 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 **WAIT LIST**

August 25– September 8, 2024 **WAIT LIST**

**SEE SUSAN DILLON FOR ADDITIONAL INFORMATION**

**Double \$6,899 Per Person Single \$8,099 Triple \$6,849**  
**INCLUDES AIR, ACCOMMODATIONS, INSURANCE & MORE**



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

# LONG DISTANCE TRAVEL 2024 & 2025

## Spotlight on Tuscany **WAIT LIST**

November 5–13, 2024

**SEE SUSAN DILLON FOR ADDITIONAL INFORMATION**



**Double \$3,749 Per Person Single \$4,049 Triple \$3,719**  
**INCLUDES AIR, ACCOMMODATIONS, INSURANCE & MORE**

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



## Costa Rica: A World of Nature

January 25 - February 5, 2025

**INFORMATION MEETING MONDAY, JANUARY 22 AT 6:00PM**

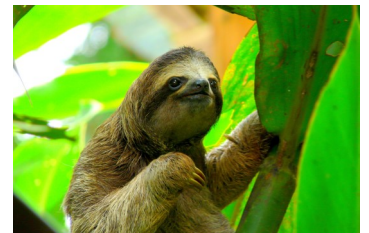


Dive deeper and engage with local life on this tour designed specifically for small groups. The smaller group size allows us to travel in small boats, intimate tours and hidden gems not available to larger groups.

**MAXIMUM GROUP SIZE IS 24. THIS TOUR WILL SELL OUT QUICKLY.**

**Double \$4598 Per Person Single \$5,498 Triple \$4,548**  
**INCLUDES AIR, ACCOMMODATIONS, INSURANCE & MORE**

From thrilling water journeys to ethereal jungle expeditions, discover what *pura vida* means to you when you explore the essence of Costa Rica. Encounter an emerald wonderland, where trees climb high and animals roam free. Immerse yourself in nature when you spend 2 nights at a remote resort in San Carlos and 3 nights in the region of Arenal National Park. Sample fresh cacao during a visit to a local plantation. Embark on a crocodile safari in the jungle and a bird-watching cruise in the rainforest. Stand suspended over the rainforest floor as you journey across a network of hanging bridges. Hike the lava fields of Arenal Volcano or soar over jungle canopies on a zip line. It's time to experience a world of nature.



- Sarapiquí
- Tirimbina Rainforest Center
- Chocolate-Making Demo & Tasting
- River Safari
- Hanging Bridges
- Forest Reserve Guided Walk
- Arenal Volcano
- Manuel Antonio Park
- Jungle Crocodile Safari





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 (Virtual)**

**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**

**January 24: Week #1**

**January 31: Week #2**

**February 7: Week #3**

**February 14: Week #4**

**February 21: Week #5**

**February 28: Week #6**

**March 6: Week #7**

**March 13: Week #8**



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

Participants will meet over Zoom. Registration is Required. No Pro-Rating

## **Cook By the Book - Live To Eat - Cooking the Mediterranean Way**

**Thursdays, 5:00 – 6:00pm**

In “Live to Eat,” Michael Psilakis combines the benefits of Mediterranean diet with the time-saving tricks he developed over decades as an acclaimed chef.

**Thursday, January 11      *The Magnificent 7***

Explore the recipes for 7 key “pantry staples”

Turkey Burger Sliders

Citrus Fennel Beef Salad

**Thursday, February 22      *Roasted Cherry Tomatoes & Tomato Sauce***

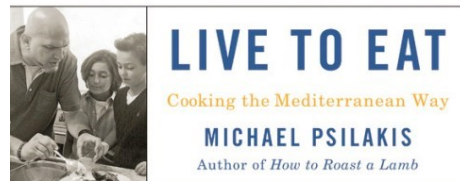
Skewered Chicken & Shrimp over Greens

Greek Tabbouleh

**Thursday, March 21      *Sweet & Sour Peppers & Onions/Ladolemono***

Chicken Souvlaki

Mediterranean Salsa



**Entire Course: \$30 Resident/\$ 40 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.

**Fee: \$5 Month (No Pro-Rating)**

## 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!

**\$20 Annual Fee (No Pro-Rating)**

## 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

**\$20 Annual Fee (No Pro-Rating)**



## Donuts with the Director

Wednesday, February 7

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.**



## 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.**

## PLAYING CARDS TUESDAY

**NEW! THERE IS NOW A \$10 ANNUAL FEE  
FOR ALL CARD GAMES**

POKER

9:00—11:00am

PINOCHLE

10:00—11:30am

BRIDGE

12:00—3:00pm

**Registration Required.**

**\$10 Annual Fee (No Pro-Rating)**



**PARTICIPANTS MUST REGISTER FOR ALL GAMES**

## DAY TRIPS



### Volo Auto Museum

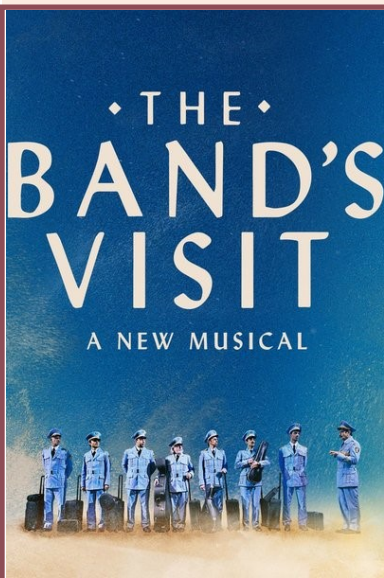
27582 Volo Village Rd, Volo, IL 60073  
Monday, January 29  
9:00am – 4:00pm



Founded in 1977 by John Grams Sr., and then donated to the city of Waukegan, The Volo Auto Museum is home to an amazing collection of classic cars, the Volo Auto Museum also features vehicles from Hollywood movies and TV shows. Popular exhibits include: – The Batmobile, – General Lee, – Knight Rider's KITT.

Our visit will begin with a guided tour of the Volo Museum's NEW Titanic Exhibit. The exhibit is home to one of the most famous shipwrecks and their sensational survival of the disaster. After the guided tour, stroll the entire museum at your own pace. Be sure to allow some time to visit the Antique Mall as well as the Gift Shop. **Register by January 15.**

**Fee: \$54 Resident/ \$64 Non-Resident. Fee includes admission to Volo Museum, Guided tour of the Titanic Exhibit. Meet at the Community Center at 9:00am to pick up your lanyards and depart at 9:15am.**



### The Band's Visit

Writers Theatre, 325 Tudor Ct, Glencoe, IL  
Wednesday, February 21  
12:15pm – 5:00pm



Writers Theatre boldly looks to the future as it begins its 31<sup>st</sup> season. The theatre is now at an excellence, being called "America's finest regional theater company". In 2016, Writers Theatre was named one of the nation's top regional theatres by Studio Gang Architects. The new facility has allowed the Theatre to increase intimacy. Guests will begin their visit with a behind-the-scenes tour; followed by the performance. Enjoy this groundbreaking production of *The Band's Visit*. **Winner of 10 Tony Awards, Best Play, Best Musical, Best Actor, Best Actress, Best Supporting Actor, Best Supporting Actress, Best Costume Design, Best Sound Design, Best Lighting Design, Best Production Design.** The same, a lost bus arrives carrying an Egyptian Police Band. With no hotel and no money, the musicians bring everyone together in the way that only music can.

**Fee: \$65 Resident/ \$75 Non-Resident Fee includes guided Theatre Tour, Meet at the Community Center at 12:15pm to pick up your lanyards and**



### Harley-Davidson Museum

400 W Canal St, Milwaukee, WI  
Tuesday, March 26  
8:45am – 5:00pm



When you visit the Harley-Davidson Museum, you will discover culture and history through a collection of Harley-Davidson motorcycles and memorabilia on two floors of exhibits, Milwaukee's top tourist destinations for visitors from around the globe. A visit here

Once we arrive, guests will enjoy a **90-minute guided tour** of the museum to your **included** lunch at the Motor Restaurant. Choose from 1) **CHICKEN CAESAR SALAD:** Grilled chicken breast atop croutons and freshly shaved Parmesan cheese, 2) **MOTOR™ BURGER:** 8-oz. hand-packed ground chuck patty topped with cheddar cheese, 3) **BARBEQUE PORK SANDWICH:** Slow-smoked, hand-pulled pork topped with fresh jicama slaw, crispy onion straws. After lunch, explore the museum and its 20-acres at your leisure, and maybe do a little shopping at the official Harley-Davidson Store. **Fee: \$95 Resident/ \$105 Non-Resident Fee includes Museum Admission, 90-Minute Guided Tour, Lunch,**

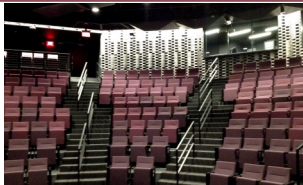
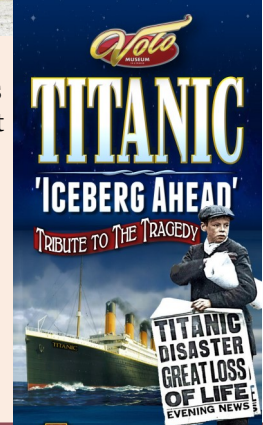
## DAY TRIPS



impressive collection of over 300 classic cars and trucks. The museum's exhibits are constantly changing. This is a non-profit organization that is dedicated to preserving America's automotive heritage. In addition to its exhibits, there are cars on display from famous athletes, celebrities, and politicians. Some of the museum's most

expensive pieces of Titanic history, the identical 1912 Renault Luxury car. We will learn all about the pace. Enjoy lunch on your own at the museum café which serves hot dogs, pizza, ice cream and other

**Exhibit, Transportation via Barrington School Bus, and driver's tip.**



major Chicagoland cultural destination with a national reputation for Theatre opened a new, state-of-the-art facility designed by the inter-accommodate its growing audience, while maintaining its trademark production.

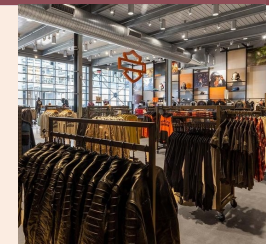
**including Best Musical, *The Band's Visit* is a beautifully intimate power of music.** In a small Israeli desert town where every day feels

buses until morning, the musicians are taken in for the night by the locals. Under the spell of the desert sky, these mis-

**Register by January 14.**



**entrance to performance, transportation by Barrington School Bus, and driver's tip.**  
**depart at 12:30pm.**



through stories and interactive exhibits that celebrate expression, camaraderie, and love for the sport. With an unrivaled a 20-acre, park-like campus, and one-of-a-kind shopping and dining experiences, the Harley-Davidson Museum is one of is an experience that will last a lifetime.

gain the background knowledge behind one of the largest American icons, the Harley-Davidson. After our tour, enjoy a bed of crisp romaine lettuce with made-from-scratch creamy garlic Caesar dressing, topped with fresh garlic-Parmesan lettuce, tomato, pickles, onion, MOTOR's secret sauce and Cheddar cheese on a brioche bun and served with French fries, and MOTOR's signature BBQ sauce on a split top bun and served with French fries. Dessert & Soft Drinks are included.

Davidson shop and outlet store. **Register by March 19. Include lunch choice with registration.**

**deluxe motor coach transportation, driver's tip.**



# 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**

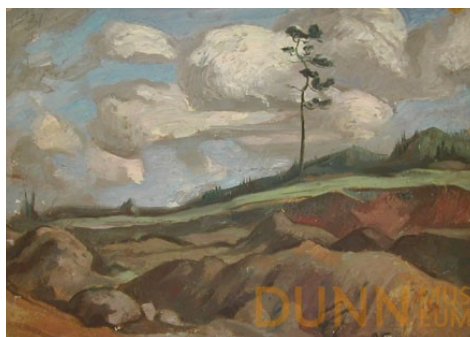
## January

### *Reima Ratti: Life & Art During the Great Depression*

Lake County Forest Preserve

**January 9**

Hear the Great Depression era story of a young, untried Waukegan artist, Reima Victor Ratti. Learn details of the artist's days in the CCC and his artistic inspirations. We will also take a closer look at his artwork from the Dunn Museum's collection.



### *Eleanor Roosevelt*

Michelle Gibbons

**January 23**

The legacy of Eleanor Roosevelt shines as a symbol of power, courage, and controversy. Step back in time as the iconic First Lady is brought to life through an incredible portrayal by historical presenter, Michelle Gibbons. She will take you on a captivating journey, revealing how Eleanor's early struggles molded her into a relentless advocate for the poor, the downtrodden, and the oppressed.



## February

### *Civil War: Home Front to Frontline*

Lake County Forest Preserve

**February 6**

Drawn from letters, diaries and photographs in the Dunn Museum's collections, this presentation discusses the personal stories of Lake Countians on the battlefield and on the home front.



### *History of the Paczki*

Frances Mai-Ling

**February 13**

What is a Paczki and how is it so different from other donuts? What makes them so famous and sought after on Fat Tuesday? Mai-Ling has a unique view on this delicacy because she is Half-Chinese and Half-Polish. Everyone gets a Paczki! Come for the information and stay for dessert!



### *The Great Chicago Fire*

William Pack

**February 27**

It started in a barn and two days of flaming hell later, nearly destroyed a city. William Pack returns to weave together technical details of the fire with vivid firsthand accounts from those who lived through the conflagration of 1871 bringing alive all the excitement and terror in a multi-media storytelling event that will not soon be forgotten.



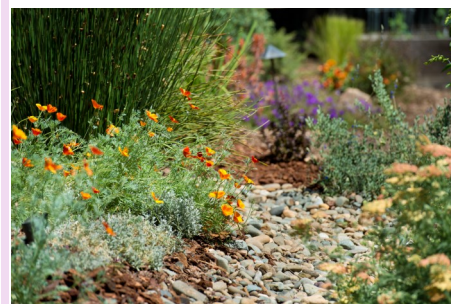
## March

### *Landscaping for a Changing Climate*

Lake County Forest Preserves

**March 5**

What we plant and how we plant it can make a difference. Discover nature-based solutions for the home gardener that lessen the impacts of our changing climate.



### *Pre-Civil War Quilts: Secrets of the Underground Railroad*

Connie Martin

**March 19**

Over 300 years ago, abolitionists and fugitive slaves used quilts to signify escape routes to the North. They were also used to signal plans, warn of dangers, indicate how transport might occur, or who might help as "Friends" on the Underground Railroad. Based upon her mother's book, Connie tells the stories of how these quilt codes were kept and used by her ancestors.



# 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**

**Price includes lunch**

**Participants must register one week prior**

## January

### Let Them All Talk

**January 4**

A famous author goes on a cruise trip with her friends and nephew in an effort to find fun and happiness while she comes to terms with her troubled past.



### On A Wing And A Prayer

**January 25**

After a small-town pilot mysteriously dies during flight, passenger Doug White is forced to land the plane to safety and save his entire family on board.



## February

### Mending The Line

**February 1**

After returning to the United States, a wounded veteran develops a friendship with a headstrong fly fisherman and a talented photographer turned librarian.



### The Fabelmans

**February 15**

Young Sammy Fabelman falls in love with movies after his parents take him to see "The Greatest Show on Earth." Armed with a camera, Sammy starts to make his own films at home, much to the delight of his supportive mother.



## March

### What Happens Later

**March 14**

Snowed-in at a regional airport overnight, ex-lovers Willa and Bill realize they're still attracted to each other. As they unpack the riddle of their mutual past and compare their lives to the dreams they once shared, they begin to wonder if their reunion is a mere coincidence or something more enchanted.



### 12 Mighty Orphans

**March 28**

During the Great Depression, Rusty Russell gives up a privileged position to coach football at an orphanage in Fort Worth, Texas; whipping his young players into shape, they soon become an inspiration to their city, state and an entire nation.



## 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.**

### MENU

**Tue, 1/2** Greek Chicken Thighs & Potatoes, Salad

**Thu, 1/4** Chili Loaded Baked Potato, Salad

**Tue, 1/9** Korean Beef Tacos, Asian Slaw

**Thu, 1/11** Lentil & Sausage Stew, Salad

**Tue, 1/16** Ginger Orange Salmon over Rice, Broccoli

**Thu, 1/18** NO LUNCH CUISINE CLUB

**Tue, 1/23** Baked Mostaccioli w/Sausage & Salad

**Thu, 1/25** Chicago Hot Dog w/ Fries & Root Beer Float

**Tue, 1/30** Chicken Florentine Panini w/ Pasta Salad

**Thu, 2/1** Chicken Enchiladas w/ Ranchero Beans

**Tue, 2/6** BBQ Pulled Chicken Sandwich w/ Roasted Sweet Potatoes

**Thu, 2/8** Tomato Basil Soup w/ Grilled Cheese

**Tue, 2/13** Winter Tuna Salad w/ Croissant & Fruit

**Thu, 2/15** Ginger Chicken & Veggie Stir Fry over Rice

**Tue, 2/20** Cranberry Chicken over Rice w/ Salad

**Thu, 2/22** Mushroom Risotto w/ Salad

**Tue, 2/27** Turkey Stuffed Pepper w/ Salad

**Thu, 2/29** Ham, Asparagus & Potato Skillet w/ Salad

**Tue, 3/5** Grilled Beer Brats w/Sauerkraut & Beans

**Thu, 3/7** NO LUNCH CUISINE CLUB

**Tue, 3/12** Spring Quiche w/ Salad

**Thu, 3/14** Shepherd's Pie, Salad

**Tue, 3/19** Pulled Pork, Cole Slaw

**Thu, 3/21** Reuben Sandwich, Chip & Pickle

**Tue, 3/26** NO LUNCH DAY TRIP

**Thu, 3/28** Spring Chicken Salad w/ Croissant & Fresh Fruit

***Join us every Tuesday and Thursday for a delicious lunch and a chance to sit and visit with each other. For only \$6/each, lunches are made daily with fresh ingredients and painstaking care. Lunches are not available on days that we have Day Trips or Cuisine Clubs.***

### Soup, Stew & Chili Potluck

**Friday, February 23**

**12:00 — 2:00pm**



Winter is the BEST time of the year to enjoy all those hearty soups, stews and chilis.

Bring your favorite to the Ela Community Center and enjoy everyone else's creations.

Submit your recipe, along with your registration and we will compile a booklet for everyone. Bring a pot along with a serving utensil to the event.

**Fee : \$5 Resident/\$7 Non—Resident**

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

**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.

**Meal Prep:** Help chopping, dicing, mixing and creating in the kitchen for our lunches, classes and special events.

Contact Jill or Susan for more details and to sign up to volunteer.



# 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.**



### January 8: War in the Holy Land

Israel and Palestine have been violent adversaries for generations, but on October 7, 2023, thousands were killed and war was declared. We will watch an analysis on the history of the conflict, a look at the Palestinian militant group Hamas and exploration of the wider conflict in the region.

### February 5: A Class Divided

The day after MLK, Jr. was killed, Jane Elliott, a teacher in a small, all-white Iowa town, divided her third-grade class into blue-eyed and brown-eyed groups as a daring lesson in discrimination. This is the story of that lesson, its lasting impact on the children, and its enduring power over 50 years later.

### March 4:

#### The Illegal Immigration Problem

In Yuma, AZ, a surreal and alarming situation is taking place. There are over 100 nationalities crossing the border, all orchestrated by the Mexican cartels. No matter where you stand on the border issue, it's an issue that needs attention since its current state is unsustainable.

## Reel Talk

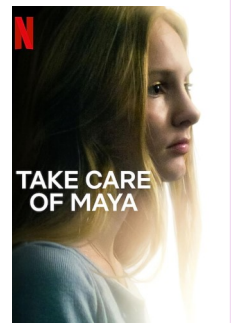
*Flex your mental muscle as together we take in a documentary followed by a round table discussion.*

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

### Take Care of Maya

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

When 9-year-old Maya Kowalski was admitted to a Children's Hospital in 2016, nothing could have prepared her or her family for what they were about to go through. As the medical team tried to understand her rare illness, they began to question the basic truths that bound the Kowalskis together. Suddenly, Maya was in state custody despite two parents who were desperate to bring their daughter home. The story of the Kowalski family as told in their own words will change the way you look at children's healthcare forever.



### Judy Blume Forever

**Wednesday, February 14, 12:00 — 2:00pm**

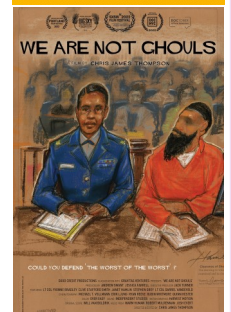
Judy Blume Forever documents the life and legacy of trailblazing author Judy Blume. Known for her radical honesty, Judy Blume's books revolutionized the way millions of readers understood themselves, their adolescence, and their sexuality. Her fearless mission to openly discuss taboo subjects paved the way to real debate and conversation around book banning, censorship, and teen sexual discovery.



### We Are Not Ghouls

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

US Air Force JAG Attorney Yvonne Bradley volunteered to defend a man named Binyam Mohamed who was facing a death penalty case at Guantanamo Bay in 2005. Believing the detainees at Guantanamo were 'the worst of the worst', Yvonne's world was turned upside down as she began to untangle an unimaginable case. Spending the next 4 years battling to uncover the truth, Yvonne faced corruption at the highest levels of power and had to endure the dangers of choosing to stand up for what she believed in. What's the difference between a terrorist sympathizer and a hero? Would you risk it all to do the right thing?



## CUISINE CLUB



### D&J Bistro

**Thursday, January 18 at 1:30pm**  
**583 N. Rand Rd. Lake Zurich, IL**  
**847-946-4167**

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

Lunch entrée, soup, salad, dessert, coffee, tea, soft drinks and gratuity are included. Cash bar.

**Fee: \$42 Resident / \$47 Non—Resident**

**Register by January 11**

**Self Drive Event**

## BEELOW'S STEAKHOUSE & BAR



### Beelow's for Brunch

**Sunday, February 25 at 11:00am**  
**763 S Rand Rd, Lake Zurich, IL 60047**  
**(847) 540-0600**

Enjoy deliciously prepared brunch favorites like the omelet and pancake bar, bacon, sausage, hash browns, salmon, tilapia, Eggs Benedict, Beef Stroganoff, prime rib carving station, dessert table and so much more. Coffee, tea and soft drinks are included.

Check out the Mimosa and Bloody Mary bars, individual cash payment for alcohol.

This is a self-drive event, carpooling is encouraged. Please do not arrive prior to 11am.

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

**Register by February 16**

**Self Drive Event**



### Tandoor Curry Hotspot

**Thursday, March 7 at 2:00pm**  
**1129 N. Milwaukee Ave., Riverwoods, IL 224-676-0496**

Jill & Susan have found a hidden gem! Tandoor Curry Hotspot is going to become a favorite. Tucked away in a little strip mall in Riverwoods, Tandoor Curry is soon to become the Hotspot.

Everyone will enjoy a Thali meal, pictured left, which includes a variety of tastes and treats. Truly get a taste of so many Indian delights; such as: Tomato Rasam Soup, Tandoori Chicken, Roti, Steamed Rice, Daal Makhni and even Kheer, milk rice pudding with cashews, almonds & pistachios. Soft drinks, including traditional Indian drinks, and iced tea included. Cash Bar

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

**Register by February 21**

**Self Drive Event**

## MEN'S TRIP



**2024 Chicago Auto Show**  
**at McCormick Place**  
**2301 S. King Dr., Chicago, IL**  
**Thursday, February 15, 9:00am — 2:00pm**



First staged in 1901, the Chicago Auto Show is the largest auto show in North America and has been held more times than any other auto exposition on the continent. This year marks the 116th edition of the Chicago Auto Show featuring nearly 1,000 different vehicles will be on display. Additionally, attendees will also have the opportunity to see numerous accessories and auto-related exhibits, competition vehicles and project, antique and collector cars.

**FEE: \$17 Resident / \$22 Non—Resident (INCLUDES RIDE) LIMIT 14**

**LUNCH IS ON YOUR OWN**

# PROGRAMS & CLASSES



## Bowling

Tuesdays, January 30, February 20, March 19

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: \$12 Resident/\$15 Non—Resident**

(fee includes two hours of bowling and shoes) **Self –Drive Event**

## Nature Walk

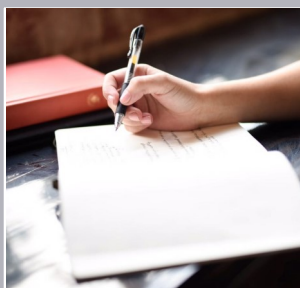
Cuba Marsh Forest Preserve, 24205 W. Cuba Road, Deer Park, IL 60010

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**



## Writing & Reflecting Together (Previously Lifestory Writing)

Wednesdays, January 17, February 21, March 20

10:00—11:30am

This class is an opportunity to record memories that you want to ensure are not lost and are in a format that can ultimately be shared with the important people in your life. We dive deep into what it felt like growing up, how our unique experiences impacted and helped to form us as individuals. Sharing your story is always optional and a personal decision. Topics will be:

**January: LOVE-** Consider the ways you were taught about love. How do you show love to others?

**February: Outstanding Lives–** Who do you know that's lived an outstanding life?

**March: TBA–** Group Discussion for Writing prompt (or choose one important to you!)

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



## Sip and Swirl

Tuesday, February 20

6:00—7:30pm

Ela Township Community Center

Come with your imagination and painting clothes and leave with a one-of-a-kind painting that will brighten up any room!

NO previous painting experience is needed.

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

**Fee: \$35 Members/ \$40 Guests**

**Registration required**

# 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!

### Southern Belle's

Friday, January 5

10:30 — 12:30pm

210 S Cook St, Barrington



Meet up for a scrumptious breakfast or lunch with the freshest ingredients seasonally available.

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

### Morkes Fondue Party

Friday, February 2

1:30 — 3:00pm

1890 N. Rand Road, Palatine, IL 60074



Indulge in milk and dark chocolate with an assortment of dipping items like fruits, cakes, pretzels and so much more!

Fee: \$25 Resident / \$30 Non-Resident  
(MUST REGISTER BY JANUARY 12)

### Movie and Pizza

Friday, March 1

5:30 — 7:30pm

Ela Community Center



Join us for pizza, catch up with friends and we will vote on which movie we watch that night.

Fee: \$15 Resident/\$18 Non-Resident

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

## How to Facetime/Use Zoom

Tuesday, March 12

Noon — 1:00pm



Tired of just talking to people on the phone without seeing them? Want a great way to not use data and use wifi instead? Facetime is the answer.

Want to join friends on a zoom presentation? How do you sign on? Do you need a computer?

Join Jim Dalbec as he answers all these questions, and more for you.

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



## Senior First Aid

Thursday, February 29

Noon — 3:00pm



First Aid



CPR



AED

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

### Winter Wreath

Tuesday, January 30

5:00 — 6:30pm



Taking your holiday decor down can leave your home feeling empty, fill the void with this beautiful and easy DIY winter wreath. Simple lamb's ear and cotton create this soft combination to carry you through the winter months.

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

### Muscle — Soothing Heating Pad

Tuesday, February 6

5:00 — 6:30pm



Cozy, warm and so easy to make! Turn a few household items into this comfortable heating pad you can throw right into your microwave.

**Fee: \$15 Resident/\$20 Non-Resident**  
**Sign up at least one week in advance.**

### Terrarium

Tuesday, March 26

5:00 — 6:30pm



This trendy open air terrarium can be used to display any potted plants, pictures or figurines. Picture frames will be transformed into the unique show piece.

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

## SNACK & CHATS

### Mondays 6:00 — 7:00pm

Enjoy a delicious snack along with a presentation covering an array of topics.

**Fee per session: \$9 Resident/\$12 Non-Resident**  
**Participants must register one week prior**

### Dry January Mocktails

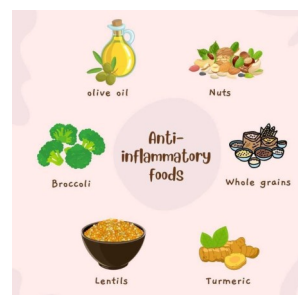
January 8



As the holidays end, millions of Americans give up alcohol during a month-long sobriety challenge called Dry January. But Dry January does not mean tasteless. Enjoy homemade Mocktails by Susan.

### Anti-Inflammatory Eating

February 5



The risk of heart disease, obesity, inflammatory bowel diseases, arthritis, Alzheimer's, psoriasis, and more could be reduced with an anti-inflammatory diet. Join Susan to learn and taste what some of the best anti-inflammatory foods are.

### Why Culture so Important in Ireland

March 18



There is no denying that Ireland has one of the richest cultures in the world. They have contributed to literature, music, cinema, and art. Even their national festivals like St. Patrick's Day have become a global celebration. Join Susan to learn why this little island values its arts so much...and naturally we will be enjoying some native foods as well.

# EVENING PROGRAMS & CLASSES



**Shake, Rattle, and Roll with BUNCO!**  
**Thursdays: January 25, February 29, March 28**  
**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, February 26**  
**5:30 – 6:30pm**



Join Ela Township Community Programs Director, Susan Dillon for an hour of roundtable discussions. Take this opportunity to voice your ideas, suggestions, comments and critiques. And of course, enjoy some ice cream.

**No Charge**

**Registration is required.**

## Left-Center-Right

**Thursdays: January 18, February 15, March 14**  
**5:30 – 6:30pm**

*LCR Left Center Right is a fun, fast-paced dice game that you won't be able to put down!*

Left center right involves both luck and strategy where players take turns to roll the dice and pass poker chips based on the outcome of dice rolls. The goal is to be the only player to have chips remaining by the end. Enjoy a drink of choice and get ready to roll. Bring singles.

**No Fee**

**Registration is required**



## Seven Up



## Card Game

## 7-UP

**Thursdays: January 4, February 8, March 7**  
**5:30 – 6:30pm**

Seven Up is a fairly simple game that can be explained to new Players within five minutes. The game is largely based on luck, with very little skill involved. Bring quarters...a lot of them. **Seven Up** is a straightforward trick-taking card game that can be played with 2 to 4 Players at each table.

**No Fee**

**Registration is required**

**CENTER CLOSED JANUARY 1 & 15 AND FEBRUARY 19**

# EVENING PROGRAMS & CLASSES



## Music Trivia Nights

**Fridays: January 19, February 16, March 8**  
**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.

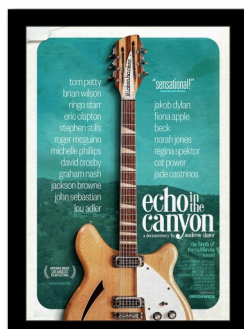
**Fee For Each: \$5 Resident/ \$7 Non—Resident**  
**Sign up at least one week in advance.**

## Music Reel Talk

**Tuesdays, 5:30 – 7:30pm**

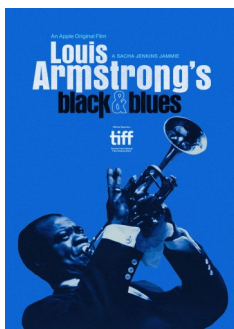
*Together we will watch a musical documentary, montage or concert and reminisce and discuss.*  
Join us for a night of music, memories and good fun!

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



### *Echo in The Canyon* **January 23**

Featuring the music of iconic groups The Byrds, The Beach Boys, Buffalo Springfield, and The Mamas and the Papas.



### *Black & Blues* **February 27**

Follow the life and legacy of the master and so-called founding father of jazz, America's first pop star, and cultural ambassador.



### *The Sound of My Voice* **March 19**

With one of the most memorably stunning voices, Linda Ronstadt burst onto the 1960s folk rock music scene in her early twenties.

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# 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.

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



### **January 16** Great Big Story & TED Talk *Torchbearers Series*



### **February 13** Yvonne Van Amerongen *The Dementia Village*



### **March 12** Sam Berns *My Philosophy for a Happy Life*

# FRIDAY FUN NIGHTS

**Winter Luau**  
**Friday, January 26**  
**6:00 — 8:00pm**

Grab your grass skirt, ukulele and coconuts and stroll over to the Ela Township Community Center for a luau. Enjoy a delicious luau dinner and dessert followed by a mesmerizing show!

**Hawaiian Cucumber Salad, Tropical Fried Rice, Kahua Pulled Pork,**  
**Dessert: Pineapple Upside Down Cake**

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

**Alert us of any food allergies at sign up.**

**Fee: \$30 Resident / \$40 Non—Resident**

**Register by January 19.**



## 9th Annual Wine Pairing Dinner

**Friday, February 9**  
**6:00 — 8:00pm**

**5 Courses & 5 Wines:**

*Potato Leek Bisque*

*Stuffed Cremini Mushrooms*

*Roasted Grape Salad with Arugula & Spiced Cashews*

*Herb & Garlic Crusted Beef Medallions over White Cheddar Mashed Potatoes*

*Dark Chocolate Pots de Crème topped with Fresh Berries & Cream*



**Fine dining, delicious wines, great friends.**

**Alert us of any food allergies at sign up.**

**Fee: \$40 Resident/\$50 Non—Resident**

**Register by February 2**

## St. Patrick's Day Party

**Friday, March 15**  
**6:00 — 8:00pm**

**Enjoy traditional Irish grub with great authentic Irish music.**

**Menu: Corned Beef with Cabbage, Caraway Rye Bread, Carrots & Red Potatoes,**

**Irish Soda Bread & Chocolate Guinness Cake**

**Alert us of any food allergies at sign up.**

**Cash Bar**

**Fee: \$20 Resident/\$30 Non—Resident**

**Register by March 8**



## Virtual Wine Tasting: Spring Wines

**Friday, March 29**  
**6:00 — 7:00pm**

Spring is the perfect time to spruce up your wine tastes. Fresh, clean wines will be paired perfectly with your tasty snacks. 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 delight in these wonderful Spring pairings.

Enjoy Vichyssoise with Chardonnay, Prosciutto Wrapped Asparagus with Pinot Noir, Spring Pea and Radish Salad with Zinfandel, and finally Mini Lemon Cookies with Sauvignon Blanc.

**Fee: \$15 Resident/\$25 Non—Resident**

**Register by March 22**



# ***SUNDAY FUNDAY & NIGHT***

***We know Sundays can be tough and sometimes boring. This is our answer to lonely Sundays. Join us each month for Sunday FUNDays.***



# 2024

## **81st Annual Golden Globe Awards**

**Sunday, January 7  
7:00 – 10:00pm**

Always the funniest of awards shows, The Golden Globes will be sure to entertain us. Make your predictions, enjoy each other's company as we watch for the winners!

**Light Snacks & Cash Bar  
Games & Prizes!**

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

**Register by January 2**

## **Super Bowl LVIII**

**Sunday, February 11  
6:30 – 10:00pm**

Don't worry if you did not get tickets to Las Vegas, we will be hosting our own Super Bowl LVIII at the Ela Township Community Center. Laugh at all the commercials and enjoy Usher for the Half Time Show.

**Pizza, Light Snacks & Cash Bar  
Games & Prizes!**

**Fee: \$10 Resident/ \$15 Non – Resident**

**Register by February 5**



## **96th Academy Awards**

**Sunday, March 10  
7:00 – 10:00pm**

Jimmy Kimmel will once again entertain us through the Oscars. Who will be the winners? Who will be the loser? Who will get slapped?

**Light Snacks & Cash Bar  
Games & Prizes!**

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

**Register by March 3**



***CENTER CLOSED JANUARY 1 & 15 AND FEBRUARY 19***

## JANUARY 2024

1 CENTER CLOSED	2 Alzheimer's Support	3	4 Lunch & Movie 7-UP	5 First Fridays
8 Open Discussions Snack & Chat	9 Lunch & Learn	10 Parkinson Support Group	11 Cook By The Book Ela Board Meeting	12
15 CENTER CLOSED	16 TED Talks	17 Reel Talk	18 D&J Bistro LCR	19 Vaccine Clinic Music Trivia
22 Flower Power Costa Rica Info Mtg.	23 Lunch & Learn Music Reel Talk	24 Virtual Happiness Class	25 Lunch & Movie BUNCO	26 LUAU
29 VOLO AUTO MUSEUM	30 Bowling Craft	31 Virtual Happiness Class New for 2024 SS		

## FEBRUARY 2024

			1 Lunch & Movie	2 First Fridays
5 Open Discussions Snack & Chat	6 Lunch & Learn Craft	7 Donuts w/Director Virtual Happiness Class	8 Ela Board Meeting 7-UP	9 Pillow Making Wine Pairing Dinner
12 Ladies' Trip Info Meeting	13 Lunch & Learn TED Talks	14 Virtual Happiness Class Reel Talk Parkinson Support Group	15 Men's Trip Lunch & Movie LCR	16 Vaccine Clinic
19 CENTER CLOSED	20 Bowling Sip N' Swirl	21 Virtual Happiness Class The Band's Visit	22 Cook By The Book	23 Soup, Stew & Chili Potluck
26 Flower Power Ice Cream w/Director	27 Lunch & Learn Music Reel Talk	28 Virtual Happiness Class	29 Senior First Aid BUNCO	

## MARCH 2024

4 Open Discussions	5 Lunch & Learn Craft Alzheimer's Support	6 Virtual Happiness Class Parkinson Support Group	7 Tandoor Curry Hotspot 7-UP	1 First Fridays 8 Death Café Music Trivia
11 Flower Power	12 Tech Class TED Talks	13 Virtual Happiness Class	14 Lunch & Movie LCR Ela Board Meeting	15 Vaccine Clinic St. Patrick's Day Party
18 Snack & Chat	19 Lunch & Learn Bowling Music Reel Talk	20 Reel Talk	21 Cook By The Book	22 ART SHOW
25 SPRING CLEAN-UP	26 HARLEY-DAVIDSON	27	28 Lunch & Movie BUNCO	29 VIRTUAL WINE TASTING

# January Registration Form

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

Resident Member \_\_\_ Non-Resident Member \_\_\_

**E-Mail** \_\_\_\_\_

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

[illegible]**TOTAL:**

**FOR OFFICE USE ONLY DATE:** \_\_\_\_\_ **INITIALS** \_\_\_\_\_

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

# February Registration Form

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

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

**Credit Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ (2.8% processing charge per transaction)**

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

**FOR OFFICE USE ONLY DATE: \_\_\_\_\_ INITIALS \_\_\_\_\_**

30

# March Registration Form

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

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

**Credit Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ (2.8% processing charge per transaction)**

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

**FOR OFFICE USE ONLY DATE: \_\_\_\_\_ INITIALS \_\_\_\_\_**  
**PAYMENT AMOUNT: \_\_\_\_\_ CHECK \_\_\_\_\_**

**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, January 19  
February 16  
March 15

### **Winter Luau**

Friday, January 26

### **Wine Pairing Dinner**

Friday, February 9

### **St. Patrick's Day Party**

Friday, March 15