



# Ela Township 55+

*April, May, June 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 MAY 27 AND JUNE 19***

# GENERAL INFORMATION

## Join Ela 55+

Membership to Ela 55+ is free to ALL adults 55 and older that reside within Ela Township.  
To register: come to the Ela Township Community Center with valid ID and current utility bill

### NON-RESIDENT MEMBERSHIP

**All Non—Residents must pay their 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.**

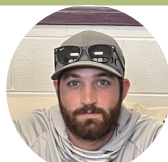
### MEET THE ELA COMMUNITY CENTER STAFF



**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

### TABLE OF CONTENTS

|                                |       |
|--------------------------------|-------|
| General Info.....              | 2     |
| Youth Programs.....            | 3     |
| What's New.....                | 4-5   |
| Volunteer Info .....           | 6     |
| Health & Wellness.....         | 7     |
| Long Distance Travel.....      | 8-9   |
| Services.....                  | 10-11 |
| Ela U.....                     | 12    |
| Clubs.....                     | 13    |
| Day Trips & Cuisine Clubs..... | 14-15 |
| Lunch & Learns.....            | 16    |
| Lunch & Movies.....            | 17    |
| Ela Eatery Menu.....           | 18    |
| Think Tank.....                | 19    |
| Programs & Classes.....        | 20-21 |
| Evening .....                  | 22-25 |
| Friday Fun Nights.....         | 26-27 |
| Weekend Wonders.....           | 27    |
| Calendar Page.....             | 28    |
| Registration.....              | 29-31 |



**Laura Kulawik**  
Evening Coordina-



**Lynn Neumaier**  
Registration Specialist



**Lina Lunyte**  
Registration Specialist



**Barb Orchard**  
Programs

## SCHOLARSHIP PROGRAM

**Do you or someone you know want to participate in programming but are unable to afford it?**

**Apply for a Scholarship**

**It's easy.**

**It's confidential.**

**It's quick.**

**Please fill out the application and give to Susan Dillon.**



**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 2024-2025 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**

**Date: 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**

**Date: May 17**

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

## Summer Camp Information Night

Join us for the Shooting Stars Summer Camp Parent & Camper Information Night. Whether you are new to the camp, or returning and want additional information, or if you just want to stop by to chat, come on in! We will be going over questions about the 2024 Summer Camp.

Camper & Parent Handbooks will also be available on the website.

**When:** Wednesday, May 8, 2024

**Time:** 6:00p.m– 7:00p.m



**NO SUMMER CAMP**

**WEDNESDAY, JUNE 19**

**THURSDAY & FRIDAY, JULY 4 & 5**

# 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, 1:00 — 2:00pm



**April 29: Summer Flowering Bulb Starting:** April is the month for planting summer flowering bulbs like Dahlias, Gladiolas and Lilies. Join us to plant now and enjoy in the summer.

**FEE: \$15 Resident / \$20 Non-Resident    Registration is required.**

**May 20: Spring Herb Planter:** Bring some fresh greens and flavors to all of your cooking straight from your own herb planter. Bring gloves and hand trowel.

**FEE: \$25 Resident / \$30 Non-Resident      Registration is required**



**June 24: 9 Flowers to Plant in Your Vegetable Garden:** Companion planting is one of the most beneficial ways to grow a garden. Growing certain plants together can encourage healthy growth, repel harmful insects, and attract beneficial insects. Everyone will go home with a companion flower.

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



**CENTER CLOSED MAY 27 AND JUNE 19**



# WHAT'S NEW



Wednesdays

April 17, May 22, June 12

5:00 — 7:00pm

Repair Cafés are free meeting places and they're all about repairing things (together). Repair Cafés are workshops where people can work together to repair broken items. They are a community-driven initiative that helps keep fixable items out of landfills. There are over 2,500 Repair Cafés worldwide.

*We are looking for handy volunteers to act as repair experts during the repair meetings.*

*We are especially looking for people who are handy with:*

**clothing/textiles**

**electrical appliances**

**bicycles**

**furniture/wooden objects**

We are inviting you to come join us. You can bring the following to the Repair Café: electrical appliances, clothing, furniture, crockery, housewares, bicycles, toys etc. Anything that's broken **(and which you can manage to carry on your own to the Repair Café)** is welcome and has a good chance of getting properly repaired.

**Registration is Required**

**Please list your item to repair on Registration Form**



## Laura's Scratch Baking

Ela Township Community Center

Wednesdays, 5:30 — 7:00pm

*You asked for it, so let's do this! I really enjoy baking, even thought about having my own bakery. Each month I will share one recipe, teach you the techniques, make the recipe with you and do a little taste testing!*

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

**April 24**

**Chocolate Chip Cookies**



**May 29**

**Tres Leches Cake**



**June 26**

**Lemon Squares**



## Mah Jongg Interest Meeting

Ela Township Community Center

Monday, April 15

1:00 — 2:00pm

Mah Jongg, a Chinese tile game similar to card games like rummy, is said to have been created by Confucius, but was more likely invented in the mid-19th century. It first came to the United States in the 1920s.

But if the game has passed you by, don't worry.

Ela Community Center is offering folks a chance to learn Mah Jongg. If you are already a practiced Mah Jongg player, come join us to play.

On Monday, April 15, we will be hosting an interest meeting to see if there are enough people interested in playing/learning Mah Jongg.

**Registration is Required**



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# 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!

## 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).



## Ela 55+ Volunteer Meeting

Monday, April 15, Noon — 1:00pm

Join Lisa and Laura for an informational meeting on all things Volunteer. Learn what is happening, all updates and new opportunities to share your time and talents. **No Charge    Registration Required**

## Pillow Making Workshop

Friday, May 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**



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# HEALTH AND WELLNESS

| <u>MONDAY</u>                              | <u>TUESDAY</u>                   | <u>WEDNESDAY</u>                           | <u>THURSDAY</u>                   | <u>FRIDAY</u>                              |
|--|----------------------------------|--|-----------------------------------|--|
| MORNING MOVERS<br>9:00—9:45am<br>NO CHARGE | INTERVAL TRAINING<br>9:00—9:45am | MORNING MOVERS<br>9:00—9:45am<br>NO CHARGE | CARDIO STRENGTH<br>9:00—9:45am    | MORNING MOVERS<br>9:00—9:45am<br>NO CHARGE |
| YOGA<br>6:00—6:45pm                        |                                  | CHAIR YOGA<br>10:00—10:45am                | STRICTLY SITTING<br>10:00—10:45am | RESTORATIVE YOGA<br>10:00—10:45am          |
|  |                                  | STRENGTH TRAINING<br>1:00—1:45pm           |                                   | SEATED ZUMBA GOLD<br>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

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

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

## YOGA: PUNCH CARD

**MONDAYS, 6:00 — 6:45pm**

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

## INTERVAL TRAINING: PUNCH CARD

**TUESDAYS, 9:00 — 9:45am**

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

## CHAIR YOGA: PUNCH CARD

**WEDNESDAYS, 10:00 — 10:45am**

Want to improve strength, flexibility and tone? Chair Yoga is the perfect place to get started. Val will lead you through a comprehensive routine designed to strengthen 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 heart rate 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.

## SEATED ZUMBA GOLD: PUNCH CARD

**NEW!**

**FRIDAYS, 11:00 — 11:45pm**

Zumba Gold is a seated fitness class tailored for all older adults, including those with limited mobility. Participants engage in dance-based exercises set to Latin rhythms and music from the oldies, promoting overall health and flexibility. The class combines joyful movement with low-impact routines, creating a vibrant and inclusive atmosphere for individuals seeking a fun and accessible workout.



## WHY GROUP TRAVEL?:

**Group travel is as much a social experience as it is a travel experience.**

- |                       |                         |                       |                       |
|-----------------------|-------------------------|-----------------------|-----------------------|
| * 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

**Document Meeting:** Tuesday, May 14 at 1:00pm

**EXPLORING GREAT BRITAIN & IRELAND** June 1–15, 2024

**Document Meeting:** Monday, May 20 at 6:00pm

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

**Information Meeting:** Monday, April 29 at 6:00pm

**DISCOVERING POLAND** April 25 - May 7, 2025

**Information Meeting:** Monday, April 29 at 7:00pm

## 2024 LONG DISTANCE TRAVEL

### Ladies Only: Harbor Country Michigan Ela 55+ Exclusive Trip

May 21–23, 2024

**DOCUMENT MEETING TUESDAY, MAY 14 AT 1:00PM**

We will be packing in the fun in our usual manner. Three days filled with food, wine, shopping, chatting and tons of laughter.

**Single \$600 Resident/\$650 Non–Resident  
ALL GRATUITIES INCLUDED**

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



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

**Two Departure Dates:** June 1-15, 2024 **WAIT LIST** August 25– September 8, 2024 **WAIT LIST**

**DOCUMENT MEETING FOR JUNE 1 DEPARTURE MONDAY, MAY 20 AT 6:00PM**

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

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





# 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 Terme
- Lucca
- Gothic Line
- Winery Tour
- Florence
- Pisa
- Cooking Class
- Cheese Farm
- San Gimignano
- Walking Tour
- Sienna
- Rome Option



## Costa Rica: A World of Nature

January 25 - February 5, 2025

**INFORMATION MEETING MONDAY, APRIL 29 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.*

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

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

- Sarapiquí
- Chocolate-Making
- Hanging Bridges
- Arenal Volcano
- Tirimina Rainforest
- River Safari
- Forest Reserve Walk
- Manuel Antonio Park



## Discovering Poland

April 25— May 7, 2025

**INFORMATION MEETING MONDAY, APRIL 29 AT 7:00PM**

**Double Occupancy \$4699 Per Person**  
**INCLUDES AIR, ACCOMMODATIONS, INSURANCE & MORE**

*On an all-encompassing tour of Poland, uncover the country's poignant past and engaging present. Tour the thriving capital city of Warsaw, reborn after World War II. See Wawel Castle, the former home to the kings of Imperial Poland. Behold the Black Madonna while visiting the Jasna Góra Monastery. During a moving visit to Auschwitz, unveil its somber history and tragic reality. Discover Polish culture at a folklore dinner and show in Kraków. From the thriving capital city of Warsaw to the coastal city of Gdansk, experience Poland at its best.*

- Warsaw
- Solidarity Shipyards
- Black Madonna
- Malbork Castle
- Wrocław
- Krakow
- Gdansk
- Jasna Gora Monastery



# SERVICES

## Ela Township 55+ Senior Resource Services

Our senior resource office assists Ela Township residents with many programs and links them with services to promote independence and a sense of well-being. Lisa Gaggiano or Laura Kulawik, our Senior Resource Specialists, will help you in any way possible.



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

**Call to schedule your telephone, zoom or in person appointment. 847-438-9160**  
**lisag@elatownship.org or laurak@elatownship.org**



## ONE TO ONE HELP

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

### Tools we will help you complete:

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

## SUPPORT

### Alzheimer's Caregivers Support Group

Facilitated by Lisa Gaggiano

**Tuesdays:** April 2, May 7, June 4

7:00—8:00pm at Ela Area Library 2nd floor

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

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



**No Charge Registration suggested/walk-ins welcome**

### Parkinson's Support Group

Facilitated by Laura Kulawik

**Wednesdays:** April 10, May 8, June 5

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, June 14, 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 MAY 27 AND JUNE 19**

## SERVICES & EVENTS



**Have you had a good experience with a handyman, plumber, electrician, etc.?**

If so, fill out a referral card (located at front desk) and we will share with our members on our **new HONEY DOne** board located at our front entrance!

## Ela Township Lending Closet

***Did you know that Ela Township has a Lending Closet?***

***Some Items we have are:***



- 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

### VACCINE CLINIC

**Friday, May 17**

**9:00am—11:00am**

*Facilitated by the friendly pharmacists at Jewel Osco*

*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)
- Tetanus-Diphtheria-Whooping Cough
- Shingrix
- Flu
- Pneumonia

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



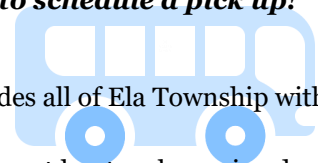
### ELA TOWNSHIP BUS SERVICE

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







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**

## **MEN-tal Health (MEN ONLY)**

**Thursday, May 2, 9 & 16 10:00 — 11:00am**

Boys growing up are often trained societally to restrain from showing emotion and their true feelings. Those boys grow up to be men, many of which are not fully aware of the emotions they're having because they've simply never thought about it. 1 in 10 men will experience anxiety and depression, yet less than half of them will receive treatment for it. What if society gave men permission to be vulnerable? Join Jim Dalbec for this 3-week course where we reassess what masculinity is, talk about emotions, and prioritize our own MEN-tal health.

**Entire Course: \$5 Resident/\$10 Non—Resident**  
**Registration is Required. No Pro-Rating**



## **Cook By the Book - Eat Your Heart Out**

**Thursdays, 5:00 — 6:00pm**

All All-Fun, No Fuss Food. From The New York Times Bestselling Author Daphne Oz. Join us as we cook from two chapters of this beautiful cookbook, perfect for Spring and Early Summer eating!

**Thursday, April 11 Salads and Other Crunchy Things**

Lentils with Pickled Grapes, Scallions and Celery

Frisee with Delicata Squash and Green Goddess Dressing

Poblano Chopped Chicken Salad with Creamy Cilantro-Lime Dressing

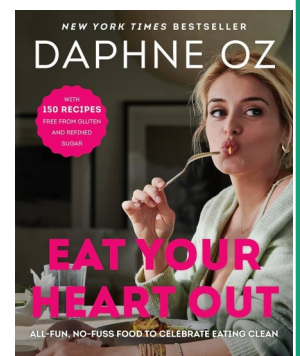
**Thursday, June 20 On The Side**

Mediterranean Chicken Skewers

Peanut Chili Chicken Skewers

Crispy Roasted Butternut Squash and Quinoa with Currant Vinaigrette

**Entire Course: \$20 Resident/\$27 Non—Resident Registration is Required. No Pro-Rating**



## **A Matter of Balance**

**Wednesdays, April 3 — May 22 12:00 — 2:00pm**

Recognized by the American Public Health Association and the National Council on Aging, the Matter of Balance program is designed to reduce falling and improve activity levels among older adults. The training will focus on changing attitudes, setting realistic goals for increasing activity, changing the environment to reduce falls and promoting exercise to increase strength and balance. This class is for **ANYONE** who has a concern about falling or has fallen in the past, restricts activities due to a fear of falling, or anyone who would like to improve their flexibility, balance, and strength.

**By the end of this 8-week program, participants can expect to feel comfortable:** Managing their concern of falls, setting realistic goals to improve activity levels, and setting up a safe environment in order to reduce the risk of falls.

**No Fee.**

**Maximum 15 Participants**

**Registration is required.**



**A MATTER OF  
BALANCE**  
 MANAGING CONCERNS ABOUT FALLS



# 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, May 15

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**

## Chicago Symphony Orchestra

Symphony Center

Sunday, April 21

12:30 – 6:30pm

Join us on a trip to Symphony Center on Michigan Avenue for a beautiful afternoon concert with the world class Chicago Symphony Orchestra, as they perform Chopin's exuberant Piano Concerto No. 1, featuring pianist Yuianna Avdeena. Also performing Tchaikovsky Symphony No. 1, nicknamed Winter Dreams.

Guests will enjoy a preconcert lecture in Grainger Ballroom. Seats will be Main Floor and easily accessible. Assisted listening devices are also available, please inquire with Jill if interested in learning more about these devices.

Meet at the Community Center at 12:15pm to pick up your lanyards and depart at 12:30pm

**Fee: \$68 Resident/ \$73 Non—Resident.**

**Fee includes Pre-concert lecture, CSO Concert, Deluxe Coach Bus, Gratuities**

  **WAIT LIST ONLY**



## Chicago Cubs vs. Milwaukee Brewers


Thursday, May 30, 12:10pm Game

9:45am – 5:00pm Approx. Arrival

Baseball is back! Join the fun bus as we sneak across the border to the home of the Cubs' rivals to the north, the Milwaukee Brewers. Enjoy seats behind Home Plate and even with the 3rd Base line in Section 215! We will travel via a comfy coach bus to Miller Stadium for a 1:10pm game. Please note that due to the nature of our trip, i.e., extra innings... the return time is approximate. Snacks and water will be provided on your bus ride to and from the game. **Register by May 16.**

Meet at the Ela Township Community Center at 9:45am to pick up your lanyard.

**Fee: \$80 Resident/\$90 Non—Resident**

**Fee includes deluxe motorcoach transportation, admission into ballpark and driver's tip.**   

## SC Johnson Global Headquarters

1525 Howe St, Racine, WI

Wednesday, June 26

9:00am – 3:30pm

Join us for a delightful day in Racine! Our first stop is the SC Johnson Corporate Campus. We will start our visit in The Rondelle Theatre to view "To Be Alive!", a short movie commissioned by SC Johnson for the 1964-1965 World's Fair. Next we'll take a tour of the Frank Lloyd Wright designed Administrative Building and Research Tower followed by Fonteleza Hall with exhibits, gift shop and FLW Gallery. The 1.5 hour campus tour involves walking 2-3 blocks (under a mile) on flat terrain. The Rondelle, Administrative Building & Fortaleza Hall are all accessible with both ramps and elevators. The Research Tower is only accessible via 45 steps in a spiral staircase, but there is a ground level gallery which highlights the exhibits seen inside the Tower as an alternative. After the tour, we will enjoy a Backyard Picnic Buffet including Bratwurst, Burgers & Hot Dogs at Reefpoint Brew House on the lake with salads, condiments and assorted cookies **Register by June 12.**



Meet at the Community Center at 9:00am to pick up your lanyards and depart at 9:15am

**Fee: \$62 Resident/ \$70 Non—Resident**

**Fee includes SC Johnson admission & guided tour, lunch, deluxe motorcoach transportation & gratuities.**    

## CUISINE CLUB



### Dover Straits Seafood House

**Thursday, April 18 at Noon**  
**890 E. US Highway 45, Mundelein**  
**847-949-1550**

A unique experience in seafood dining, specializing in seafood, imported Dover sole, and much more. This is one to NOT miss. Everyone will enjoy a cup of soup, tossed green salad, potato and vegetable of the day ... and, an ice cream sundae!  
 Choose your entrée from: 1) Atlantic Salmon Filet, 2) Jumbo Shrimp & Pasta, 3) New York Strip Steak, 4) Breast of Chicken Limon, or 5) White Bass Filet Savoy. Please note your selection on your registration page.

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

**Register by April 11**

**Self Drive Event**

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

### Fat Rosie's

**Thursday, May 2 at Noon**  
**940 Milwaukee Ave, Lincolnshire**  
**(224) 377-2395**

It's May...Cinco de Mayo right around the corner. Let's celebrate delicious Mexican cuisine with a visit to Fat Rosie's in Lincolnshire.

Guests will enjoy a family-style meal starting with Guacamole, Chips and Salsa and Quesadillas. Our entrées will be Chicken Fajitas and Carne Asada. Both outstanding and accompanied by authentic Rice and Beans. Save some room for dessert; Fresh made Churros drizzled with chocolate sauce.

**Fee: \$36 Resident / \$41 Non—Resident**

**Register by April 25**

**Self Drive Event**

Lunch, dessert, soft drinks and gratuity are included. Cash bar.



### North Point Kitchen & Bar

**Thursday, June 13 at Noon**  
**24238 N Lakeside Dr, Lake Zurich 224-676-0496**

You will not believe the beautiful renovation this building has undergone. Inside & Out! You will instantly know that the food has been the biggest upgrade!

We will be dining family style to give us an opportunity to taste more. Starters will be Calabrian Hot Honey Wings and Ricotta Meatballs. Everyone will enjoy a summer salad, followed by Margherita & Roman Pizzas. What better way to top this all off than with gelato!

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

**Register by June 6**

**Self Drive Event** Lunch, dessert, soft drinks and gratuity are included. Cash bar.



## MEN'S TRIPS

### Lunch at Eagle Restaurant and Goldfinger Brewing Co.

**Downer's Grove, IL**  
**Friday, June 28, 11:00am — 2:30pm**

We'll stop for lunch first for Hot Dogs, Burgers and Italian Beef at Eagle Restaurant before heading down the street for the world renowned Goldfinger Brewery. Voted the 2nd Best Lager and 8th Favorite Small Brewer IN THE WORLD despite only

existing for 3 years. Leave the driving to Jim and enjoy some lunch and beer with the guys.

**FEE: \$5 Resident / \$7 Non—Resident (INCLUDES RIDE) LIMIT 14 LUNCH & BREWERY ON YOUR OWN**  
**Register by June 21.**





# LUNCH & LEARNS

**Tuesdays 11:30am — 1:00pm**

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

**Fee per session: \$12 Resident/\$17 Non-Resident \*\$1 Added for Gluten Free**  
**Price includes lunch** **Participants must register one week prior**

## April

### *Chicago's Sweet Bakeries Remembered*

Cheryl Brown

**April 16**

Take a trip down memory lane and reminisce about some of the bakeries that got their start in Chicago. Keebler, Heinemanns, Sara Lee, National Biscuit Company (Na-Bis-Co) to name a few. Local bakeries: Deerfields, Gladstone, and more. Some are gone, but not forgotten. Samples provided!



### *Consuming & Discussing Political News*

Gary Midkiff

**April 30**

Part of being a good citizen includes consuming political news from a variety of trusted sources, while another part is discussing political news in a way that promotes communication and understanding rather than causing conflict and polarization. Professor Gary Midkiff will provide suggestions to be more effective when dealing with political news as we approach the 2024 elections.



## May

### *The Psychology of Trust*

Jim Dalbec

**May 14**

In a world of fake news and mistruths being thrown around in all directions, who can you trust and how do you know? Between psychology, science and our own tendencies, we will uncover who we tend to trust, why we trust in them, and ask if we can trust anyone 100% of the time. Can we even trust ourselves and our own judgement?



### *60 Years of The Beatles*

John Lyons

**May 28**

Sixty years ago, the Beatles made their first visit to the U.S. making their live debut on American television. John Lyons traces the history of The Beatles from their beginnings in the clubs of Liverpool to their demise in the Spring of 1970. With the help of music, video and many unseen photographs from the 1960s, relive the many accomplishments of the group and their influence on American society.



## June

### *Rock N' Roll in the Windy City, 1945-1963*

John Lyons

**June 18**

Chicago was pivotal in the history of rock 'n' roll music. John Lyons examines the origins, progress and diversity of this groundbreaking music scene through the eyes of the musicians, DJs and label executives who made Chicago such an exciting and enriching place in the postwar period.



### *The History of the Circus*

William Pack

**June 25**

William Pack takes you on a journey through the history of the Circus, from Phil Astley's creation of the modern circus in 1768 to Dan Rice, "the most famous man you've never heard of" to the incredible feud between Barnum and the Ringling Brothers. You'll hear stories of triumph, disaster, and the grand adventure of the travelling. Experience the story of those who gave their lives and became legends in the process.





# 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**

## April

### Nyad April 4

The remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida.



### The Holdovers April 25

A cranky history teacher at a remote prep school is forced to remain on campus over the holidays with a troubled student who has no place to go.



## May

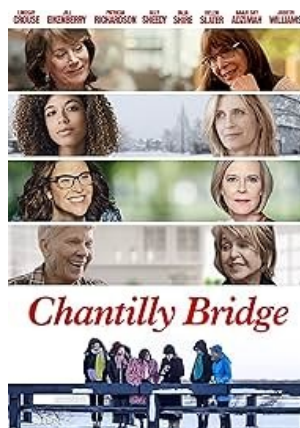
### The Boy Who Harnessed the Wind May 9

Against all the odds, a thirteen-year-old boy in Malawi invents an unconventional way to save his family and village from famine.



### Chantilly Bridge May 23

With unpredictable humor and searing honesty they confront old resentments, celebrate *new* milestones, and rediscover the unbreakable bond among friends who knew one another when and are there for one another now.



## June

### The Greatest Beer Run Ever June 6

A man's story of leaving New York in 1967 to bring beer to his childhood buddies in the Army while they are fighting in Vietnam.



### Danny Collins June 27

An aging rock star decides to change his life when he discovers a 40-year-old letter written to him by John Lennon. Seeking a new start, Danny forswears touring and checks into a Hilton hotel in New Jersey, much to the delight of the young staff.



## ***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.**

### ***QUARTERLY MENU***

**Tue, 4/2** Honey Cashew Chicken w/ Rice

**Thu, 4/4** Chicken Poblano Tortilla Soup, Quesadilla

**Tue, 4/9** Herbed Baked Fish Fillet, Broccoli & Apple Slaw

**Thu, 4/11** Potato, Ham & Asparagus Skillet, Salad

**Tue, 4/16** Korean Beef Tacos, Asian Slaw

**Thu, 4/18** **NO LUNCH CUISINE CLUB**

**Tue, 4/23** Shrimp Tacos w/Corn Salsa, Creamy Black Beans

**Thu, 4/25** Sloppy Joes, Baked Beans

**Tue, 4/30** California Chicken Pita, Veggie Chips

**Thu, 5/2** **NO LUNCH CUISINE CLUB**

**Tue, 5/7** Sausage Lasagna w/ Salad

**Thu, 5/9** Chicken Salad, Fresh Fruit

**Tue, 5/14** BBQ Pulled Pork, Coleslaw

**Thu, 5/16** Broccoli & Cheddar Stuffed Potatoes, Salad

**Tue, 5/21** Tuna Salad, Croissant, Fresh Fruit

**Thu, 5/23** Turkey BLT, Chips & Pickle

**Tue, 5/28** Italian Chopped Salad, Garlic Bread

**Thu, 5/30** **NO LUNCH DAY TRIP**

**Tue, 6/4** Spiced Baked Chicken w/ Tex Mex Potato Salad

**Thu, 6/6** Greek Turkey Burgers w/ Tzatziki, Cucumber & Tomato Salad

**Tue, 6/11** Patty Melt w/ Potato Salad

**Thu, 6/13** **NO LUNCH CUISINE CLUB**

**Tue, 6/18** Chicken Salad, Croissant, Fresh Fruit

**Thu, 6/20** Orange Ginger Salmon over Rice, Broccoli

**Tue, 6/25** Grilled Chicken Pita, Greek Salad

**Thu, 6/27** Italian Sub, Pasta Salad

***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.

***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.***

# THINK TANK



## Open Discussions

**Mondays, 12:00 — 1:00pm**

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

**No Fee**

**Registration is required.**

### **April 8:** Being Mortal

FRONTLINE teams up with writer and surgeon Atul Gawande to examine how doctors care for terminally ill patients. In conjunction with his book, *Being Mortal*, the film explores why doctors struggle to discuss end-of-life care and death with patients. We will discuss with our special guest, Lisa Gaggiano!

### **May 6:** The ABCs of Book Banning

Last year the United States saw the highest number of attempted book bans ever, most intended for young people and feature LGBTQ+ voices and people of color. This documentary weaves together young readers and authors sharing their reactions to the books that many are attempting to ban in libraries and schools.

### **June 3:** Is America a Failed Democracy?

For many, the American Dream is something that only the Top 1% can experience while others are just trying to live debt-free. We will discuss the various threats to American Democracy. Is true democracy achievable and what are the consequences if it's not?

## Reel Talk

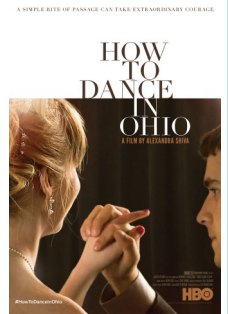
*Flex your mental muscle as together we take in a documentary followed by a round table discussion.*

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

### ***How to Dance in Ohio***

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

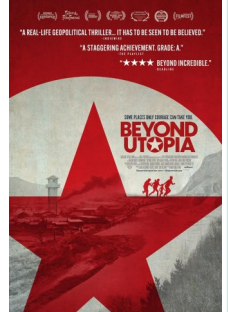
In Columbus, Ohio, a group of teenagers and young adults on the autism spectrum prepare for an iconic American rite of passage -- a Spring Formal. They spend 12 weeks practicing their social skills in preparation for the dance at a local nightclub. Working with their psychologist, they take the challenges expressed in their respective therapy groups from one level to the next: picking dates, dresses, and, ultimately, a King and Queen of the Prom.



### ***Beyond Utopia***

**Wednesday, May 15, 12:00 — 2:00pm**

A suspenseful, riveting portrait of the lengths people will go to gain freedom, viewers follow various families as they attempt to flee North Korea, one of the most oppressive places on Earth, a land they grew up believing was a paradise. Their homeland is fraught with unimaginable danger -- yet these individuals are driven to take the risk. Combining interviews with secretly shot footage, the filmmaker focuses on the difficulties facing North Korean defectors, revealing a way of life unknown to most of the world.



### ***Finding Michael***

**Wednesday, June 12, 12:00 — 2:00pm**

On May 13, 1999, Michael Matthews set a new record, becoming the youngest British climber to summit Mount Everest at 22. But in the hours immediately afterwards, during his descent, he disappeared. His body was never found. In *Finding Michael* his younger brother embarks on a very personal mission to locate the body of his brother and bring him home to rest, more than 20 years later.





# PROGRAMS & CLASSES



## Bowling

Tuesdays, April 23, May 28, June 11

2:00—4:00pm

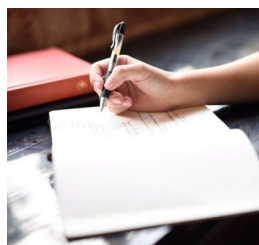
Bowlero

21080 N. Route 12, Lake Zurich

Bowling is BACK! Come join us once again as 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 Per Month: \$12 Resident/\$15 Non—Resident**

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



## Writing & Reflecting Together

Wednesdays, April 17, May 15, June 12

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.*

**There needs to be a minimum of 10 registrants for this class to run.**

Suggested Topics (or one of your choice):

**April 17: Spring: A Time of Renewal** – Share an experience that made you feel you're living life to the fullest

**May 15: Opportunities** – Share the best opportunities that others have given you throughout your life

**June 12: Let's Go On Vacation!** – Share a memorable trip you've taken; the highlights and the struggles

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



## 10 Signs of Parkinson's Disease

Tuesday, April 30

10:00—11:30am

It can be hard to tell if you or a loved one has Parkinson's disease (PD).

Join us to learn 10 signs that you might have the disease. No single one of these signs means that you should worry, but if you have more than one sign you should consider making an appointment to talk to your doctor.

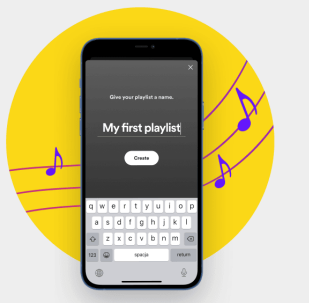
**No Fee Registration is required**

## Tech Class: How To Make a Playlist

Tuesday, May 7

Noon — 1:00pm

### How to Make a Playlist



Stop missing out on all the fun! Learn to make your own playlist on your smart phone or tablet and start having your favorite songs readily available for you at any time!

**Fee: \$3 Resident/\$5 Non—Resident  
Registration is 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!

**Singles/divorcees/widows and widowers; this is for you!**

## Feed My Starving Children

Friday, April 5

2:00 — 3:45pm

742 East Park Ave, Libertyville



Volunteer to hand-pack meals specifically designed to assist in reversing and preventing undernutrition around the world.

**No Fee**

**Registration is required**

## Bouquet Bar

Friday, May 3

1:00 — 3:00pm

17 S Old Rand Rd, Lake Zurich



Join us at Lake Zurich Florist where you can make your own spring bouquet. All supplies will be provided, from foliage, blooms and tools.

**Fee: \$35 Resident / \$40 Non-Resident**  
**Registration is required**

## Patio Grill Out

Friday, June 7

5:30 — 7:30pm

Ela Community Center



We have a great patio on-site, let's use it! Enjoy a menu of grilled burger, potato salad, fruit and dessert. Mingle with new people or catch up with friends.

**Fee: \$15 Resident/\$18 Non-Resident**  
**Registration is required**

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

## NATURE PROGRAMS WITH LAKE COUNTY FOREST PRESERVE

### Bird Watching Hike

Cuba Marsh Forest Preserve

Tuesday, April 30

8:00 — 9:00am

24205 W. Cuba Road, Deer Park

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

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

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

Bring binoculars and appropriate footwear.

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



### 17 Year Cicadas

Ela Community Center

Friday, May 31

2:00pm — 3:00pm

The cicadas are coming! Learn about the different types of cicadas in Lake County and the unique, 17-year lifecycle of periodic cicadas. Explore the wild adaptations that have helped this cool critter survive throughout the decades during this indoor presentation.

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



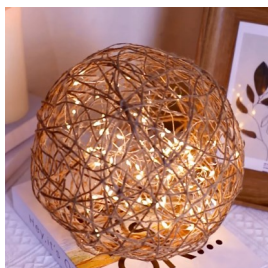
**CENTER CLOSED MAY 27 AND JUNE 19**

# **EVENING PROGRAMS& CLASSES**

## **CRAFTS**

### **Lighted Twine Balls**

**Tuesday, April 23**  
**5:00 — 6:30pm**

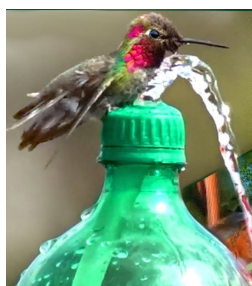


Twine balls are easy to make with just three simple supplies. We will upgrade them with lights to add a element of sparkle to your home.

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

### **DIY Hummingbird Fountain**

**Tuesday, May 28**  
**5:00 — 6:30pm**



Hummingbirds do not like stagnant water, the prefer moving water. This solar fountain uses a few kitchen items to create an endless fountain for them to enjoy.

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

### **Photo Coasters**

**Tuesday, June 25**  
**5:00 — 6:30pm**



Enjoy a night turning your pictures into usable coasters.

**Fee: \$15 Residents / \$20 Non-Residents**  
**Price is per set of 4. Up to 2 additional sets may be purchased**  
**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**

### **From Scraps to Garden**

**April 8**



You may be surprised to learn that many common vegetables can be grown from scraps. It's easy, free, and you don't need a lot of space!

### **Checked, Carry-On, Hard Shell ...**

**May 13**



Having the right type of luggage, pack or bag for your travels can make packing up and hopping on a plane or hitting the road easier and less stressful. But with so many styles to choose from, deciding which one is right for you can be a challenge.

### **Things Only Scottish Locals Know**

**June 17**



Want to have the most memorable trip to Scotland? Want to make a good impression and avoid embarrassing yourself? We will cover some interesting facts and things you should know before visiting Scotland for the first time.

# EVENING PROGRAMS & CLASSES



## Shake, Rattle, and Roll with BUNCO!

Thursdays: April 25, May 16, June 27

5:30 – 7:00pm

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

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

**Fee: \$5.00/ Pay with Registration Required. No Refunds**

## Ice Cream with the Director

Monday, June 24

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: April 18, May 9, June 13

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: April 4, May 2, June 6

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 straight-forward trick-taking card game that can be played with 2 to 4 Players at each table.

**No Fee**

**Registration is required**

**CENTER CLOSED MAY 27 AND JUNE 19**



# EVENING PROGRAMS & CLASSES



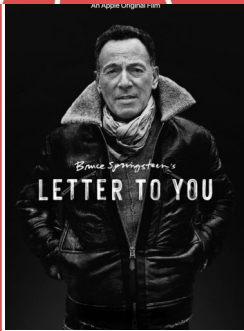
## Music Documentaries

Join us at the Ela Community Center each month as we spend an evening watching and listening to a documentary on our favorite musicians and bands. After watching we take a few moments to chat and reminisce.

### Music Reel Talk

Tuesdays, April 16, May 14, June 18  
5:30 — 7:30pm

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



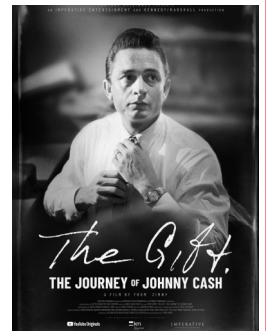
#### Bruce Springsteen's Letter to You April 16

Springsteen's creative process with full performances, in-studio footage, and never-before-seen archival material.



#### Immediate Family May 14

The Immediate Family is a unique group of iconic musicians who have played together for decades but never as their own band.



#### The Gift: The Journey of Johnny Cash June 18

Johnny Cash stands among the giants of 20th century American life, but his story remains tangled in mystery and myth.

## Music Trivia Nights

Fridays: April 19, May 24, June 14  
5:30 — 7:00pm

Think you know all the songs? How about who sang them? Or, when?

Test your musical acumen and bring your friends. There is something for all abilities to join in. If you are a music buff or just appreciate music you will enjoy our **Music Trivia Nights**.

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.



**CENTER CLOSED MAY 27 AND JUNE 19**



# EVENING PROGRAMS & CLASSES



## TED Talks: Talks to Stir Your Curiosity

**Tuesdays, 6:00 — 6:30pm**

*Each month we come together to open our minds, while we listen and watch 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**



**April 9: Diana Nyad**

### **Never, ever give up**

*In the pitch-black night, stung by jellyfish, choking on salt water, singing to herself, hallucinating ... **Diana Nyad** just kept on swimming.*

*Hear her story of perseverance and determination and how you can learn from her experience.*



**May 7: Bill Bernat**

### **How to connect with depressed friends**

*Want to connect with a depressed friend but not sure how to relate to them? Comedian and storyteller Bill Bernat has a few suggestions.*

*We all have people in our lives that go through depression. Hear this fresh, and sometimes, humorous approach to dealing with them.*



**June 4: Chris Anderson**

### **It's time for infectious generosity**

*What would happen to humanity if generosity went viral? Sharing transformative stories from around the world, head of TED Chris Anderson outlines why the time has come for the internet to realize its power to supercharge small acts of kindness, changing lives at a scale never experienced before. Learn how to cultivate a generous mindset — with or without giving money — and get inspired with tools to amplify your impact. "Be brave. Give what you can, and then be absolutely amazed at what happens next," Anderson says.*

## **Virtual Wine Tasting: Strictly Cheesy**

**Friday, April 12**

**6:00 — 7:00pm**

We are getting back to some basics to truly learn how to enjoy a nice glass of wine with delicious cheeses.

Notice how different the wines taste with each cheese.

Pick up your wine/cheese boxes from the Ela Township Community Center at 2:00pm and join us from home via Zoom at 6:00pm.

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

**Register by April 5**



**CENTER CLOSED MAY 27 AND JUNE 19**

## FRIDAY FUN NIGHTS

### Spring Fling

Friday, April 26  
6:00– 8:00pm

**Delicious Food, Good Music, Great Company**

Spring Green Salad w/ Orange-Raspberry Vinaigrette

Chicken Marbella

Rice Pilaf

Spring Asparagus

Balsamic Strawberry Parfait

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

**Register by April 19**



### Cinco de Mayo

Friday, May 10  
6:00 — 8:00pm

**Guacamole, Chip & Salsa**

**Tamales**

**Enchiladas**

**Rice & Beans**

**Chocolate Tres Leches Cake**

**Signature Cocktails**

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

**Cash Bar**

**Register by May 3**

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

### Pig Roast

Friday, June 21  
6:00 — 8:00pm

Roasted Pig

Baked Beans

Au Gratin Potatoes

Salad

Chef's Choice Dessert

Cash Bar

**Sign Up by June 14**

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



**CENTER CLOSED MAY 27 AND JUNE 19**



## FRIDAY FUN NIGHTS : SUMMER CONCERT SERIES

# SUMMER CONCERT SERIES



**Friday Nights starting in May**  
**On the Patio at Ela Township Community Center**  
**6:30pm - 8:00pm**



**Chris O'Brien**  
**May 17**

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

**Stolie**  
**June 28**

*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 with a fun concert on the patio at the Ela Township Community Center.***

*Cash bar, light snacks, great music!*

**Register at least one week in advance.**

**Fee For Each: \$10 Resident / \$15 Non—Resident**

## WEEKEND WONDERS

### Earth Day Clean-Up

**Sunday, April 14**  
**Noon—4:00pm**

*Help Susan clean-up and set up the patio for all of our summer fun! After the work, enjoy refreshments on us!*

**No Fee    Registration Required**



### Kentucky Derby

**Saturday, May 4**  
**5:00—7:00pm**

*Come cheer on your favorite horse while enjoying light dinner and cash bar; including feature cocktails.*

**Fee: \$10 Resident / \$15 Non—Resident**  
**Registration Required**



### Grillin' & Chillin'

**Sunday, June 30**  
**3:00—5:00pm**

*Join us on the Patio for some relaxed fun. Simply grilling out and visiting with friends. Cash Bar*

**Fee: \$10 Resident / \$15 Non—Resident**  
**Registration Required**





## APRIL 2024

|   |  |   |   |                            |
|---|--|---|---|----------------------------|
| 1   | 2<br>Alzheimer's Support                                   | 3<br>Matter of Balance  | 4<br>Lunch & Movie<br>7-UP                  | 5<br>First Fridays         |
| 8<br>Open Discussions<br>Snack & Chat         | 9<br>TED Talks   | 10<br>Matter of Balance<br>Parkinson Support Group                          | 11<br>Cook By The Book<br>Ela Board Meeting | 12<br>VIRTUAL WINE TASTING |
| 15<br>Volunteer Meeting<br>Mah Jongg Interest | 16<br>Lunch & Learn<br>Music Reel Talk                     | 17<br>Matter of Balance<br>Writing & Reflecting<br>Reel Talk<br>Repair Café | 18<br>DOVER STRAITS<br>LCR                  | 19<br>Music Trivia         |
| 22  | 23<br>Bowling<br>Craft                                     | 24<br>Matter of Balance<br>Laura's Baking                                   | 25<br>Lunch & Movie<br>BUNCO                | 26<br>SPRING FLING         |
| 29<br>Flower Power<br>COSTA RICA INFO MTG.    | 30<br>BIRD WALK<br>Lunch & Learn<br>10 SIGNS OF PARKINSONS |   |   |                            |

## MAY 2024

|  |  |   |  |   |
|--|--|---|--|---|
|  |  | 1<br>Matter of Balance  | 2<br>MEN-tal Health<br>FAT ROSIE'S<br>7-UP                       | 3<br>First Fridays                          |
| 6<br>Open Discussions                        | 7<br>Tech Class<br>TED Talks<br>Alzheimer's Support            | 8<br>Matter of Balance<br>Parkinson Support Group                                 | 9<br>MEN-tal Health<br>Lunch & Movie<br>LCR<br>Ela Board Meeting | 10<br>Pillow Making<br>CINCO DE MAYO        |
| 13<br>Snack & Chat                           | 14<br>Lunch & Learn<br>LADIES TRIP DOC MTG.<br>Music Reel Talk | 15<br>Donuts w/Director<br>Matter of Balance<br>Reel Talk<br>Writing & Reflecting | 16<br>MEN-tal Health<br>BUNCO                                    | 17<br>Vaccine Clinic<br>PATIO CONCERT       |
| 20<br>Flower Power<br>GREAT BRITAIN DOC MTG. | 21<br>LADIES TRIP  | 22<br>Matter of Balance<br>Repair Café<br>LADIES TRIP                             | 23<br>Lunch & Movie<br>LADIES TRIP                               | 24<br>Music Trivia                          |
| 27<br>CENTER CLOSED                          | 28<br>Lunch & Learn<br>Bowling<br>Craft                        | 29<br>Laura's Baking  | 30<br>CUBS VS. BREWERS   | 31<br>LCFP 17 YEAR CICADAS<br>GREAT BRITAIN |

## JUNE 2024

|  |  |   |   |   |
|--|--|---|---|---|
| 3<br>Open Discussions<br><br>GREAT BRITAIN | 4<br>Alzheimer's Support<br>TED Talks<br><br>GREAT BRITAIN | 5<br>Parkinson Support Group<br><br>GREAT BRITAIN                       | 6<br>Lunch & Movie<br>7-UP<br>GREAT BRITAIN                           | 7<br>First Fridays<br><br>GREAT BRITAIN           |
| 10<br><br>GREAT BRITAIN                    | 11<br>Bowling<br><br>GREAT BRITAIN                         | 12<br>Writing & Reflecting<br>Reel Talk<br>Repair Café<br>GREAT BRITAIN | 13<br>NORTHPOINT KITCHEN<br>LCR<br>Ela Board Meeting<br>GREAT BRITAIN | 14<br>Death Café<br>Music Trivia<br>GREAT BRITAIN |
| 17<br>Snack & Chat                         | 18<br>Lunch & Learn<br>Music Reel Talk                     | 19<br>CENTER CLOSED   | 20<br>Cook By The Book  | 21<br>PIG ROAST                                   |
| 24<br>Flower Power<br>Ice Cream w/Director | 25<br>Lunch & Learn<br>Craft                               | 26<br>SC JOHNSON<br>Laura's Baking                                      | 27<br>Lunch & Movie<br>BUNCO  | 28<br>MEN'S TRIP<br>CONCERT ON THE PATIO          |

# April Registration Form

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

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

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

[illegible]

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

# May 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 \_\_\_\_\_**



# June Registration Form

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

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

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

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

[illegible]

**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, Evening Program Coordinator*

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 Clinic***

Fridays, May 17

### ***Spring Fling***

Friday, April 26

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

Friday, May 17 & June 28

### ***Weekend Wonders***

Sunday, April 21

Saturday, May 4

Sunday, June 21