

JANUARY 2024

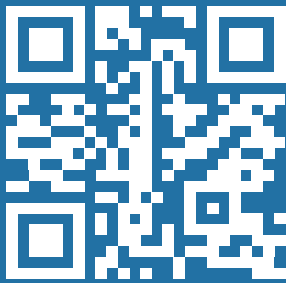


DOWNERS GROVE TOWNSHIP SENIOR PROGRAMS

DOWNERS GROVE TOWNSHIP CENTER
4341 Saratoga Avenue
Downers Grove, IL 60515

(630) 719-6670

www.dgtownship.com/senior-services/#senior-news
Email: humanservices@dgtownship.com



The Downers Grove Township Center provides programs and services designed to enhance the quality of life for our senior citizens 55 years of age and over. These programs promote independence and wellness to help older adults in the community remain active and healthy.

We look forward to seeing you soon!

Downers Grove Township Center
4341 Saratoga
Downers Grove, IL 60515

Senior Programs January 2024

Register at 630-719-6670 or
www.myactivecenter.com



Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed in Observance of New Year's Day	2 9:30 Games & Crafts 10:30 Blood Pressure Clinic 1:00 Games	3 9:30 Moving for Better Balance 11:00 Community Dining 3:00 Chair Yoga	4 9:00 Just Us Seniors 10:00 Community Volunteering 2:30 Games	5 11:30 Bunco 1:30 Musical Jam Session
8 9:30 Moving for Better Balance 11:00 Memory Cafe	9 9:30 Games & Crafts 11:00 Community Dining 1:00 Tai Chi 2:30 Games	10 9:30 Moving for Better Balance 11:00 Community Dining 12:30 Bingo 3:00 Chair Yoga	11 9:30 Watercolor Class 12:30 Brain Games 2:30 Games 3:45 Relaxation Class	12 1:30 Bingo at The Birches
15 Closed in Observance of Martin Luther King Jr. Day	16 9:30 Games & Crafts 9:30 Puzzle Swap 9:30 Mahjongg 11:00 Community Dining 1:00 Tai Chi 2:30 Games	17 9:30 Moving for Better Balance 11:00 Community Dining 12:30 Recipe Swap 1:30 Book Club 3:00 Chair Yoga	18 9:30 DGT Services Seminar 12:00 Life Transitions Seminar 2:30 Games 3:45 Relaxation Class	19
22 11:00 Moving for Better Balance 1:00 Card Making Workshop	23 9:30 Games & Crafts 9:30 Mahjongg 11:00 Community Dining 1:00 Tai Chi 2:30 Games	24 9:30 Moving for Better Balance 11:00 Community Dining 12:30 Tell Your Story Workshop 3:00 Chair Yoga	25 9:30 Getting to Know You 12:00 Dance Class 2:30 Games 3:45 Relaxation Class	26
29 9:30 Moving for Better Balance 1:00 Crafternoon	30 9:30 Games & Crafts 9:30 Mahjongg 11:00 Community Dining 1:00 Tai Chi 2:30 Games	31 9:30 Moving for Better Balance 11:00 Community Dining 1:30 Fiddler on the Roof Trip 3:00 Chair Yoga	1 9:00 Just Us Seniors 10:00 Volunteer Seminar 12:00 Tough Topics with Adult Kids 2:30 Games 3:45 Relaxation Class	2 11:30 Bunco 1:30 Musical Jam Session

To learn more visit: www.dgtownship.com/senior-services/



COME ENJOY LUNCH WHILE SOCIALIZING WITH OTHERS IN OUR COMMUNITY

Community Dining

DuPage Senior Citizens Council will serve hot, nutritional meals to senior citizens 60+ on Tuesdays and Wednesdays from 11:00 am - 12:00 pm.

Downers Grove Township Center
4341 Saratoga Avenue
Downers Grove, IL 60515

Meals are a suggested donation of \$5

REGISTER BY 10AM THE WEDNESDAY PRIOR AT 224-580-1330



DuPage Senior Citizens Council
Providing Meals and More...

COMMUNITY DINING MENU

Downers Grove Township
JANUARY 2024

(224) 580-1330

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL LOCATIONS CLOSED IN OBSERVANCE OF NEW YEAR'S DAY 1	ALL LOCATIONS CLOSED IN OBSERVANCE OF NEW YEAR HOLIDAY 2	Mediterranean Shaved Pork Scalloped Potatoes Brussels Sprouts Multi Grain Bread Applesauce (*) 3		Downers Grove Township Center 4341 Saratoga Ave Downers Grove, IL 5
8	BBQ Riblet Oven Fries Corn & Black Bean Salad Wheat Bun Whole Apple 9	Roast Turkey w/Cheddar Veggie Rice Pilaf Broccoli Chef's Fruit Biscuit Oatmeal Raisin Cookie (*) 10	11	12
ALL LOCATIONS CLOSED IN OBSERVANCE OF MARTIN LUTHER KING DAY 15	Chicken Chardonnay Mashed Potatoes Broccoli Multi Grain Bread Fresh Orange Chocolate Pudding (*) 16	Texas Chili Mac & Cheese Country Blend Veggies Multi Grain Bread Fruit Cup 17	18	19
22	Turkey Pot Roast & Gravy Baked Potato Peas & Carrots Multi Grain Bread Chef's Fruit 23	Spaghetti & Meatballs Marinara Sauce Broccoli Wheat Vienna Chilled Peaches 24	25	26
29	BBQ Pulled Pork Oven Fries Carrot Raisin Salad Wheat Bun Warm Apple Crumble 30	Maple Mustard Glazed Chicken Thigh Scalloped Potatoes Baked Bean Casserole Wheat Bread Fruit Jello 31		

MENU ITEMS SUBJECT TO CHANGE WITHOUT NOTICE DGTS

JUST A REMINDER

Township Center doors will be opened 30 minutes before the start time of an event.

Downers Grove Township Center Drop-In Hours

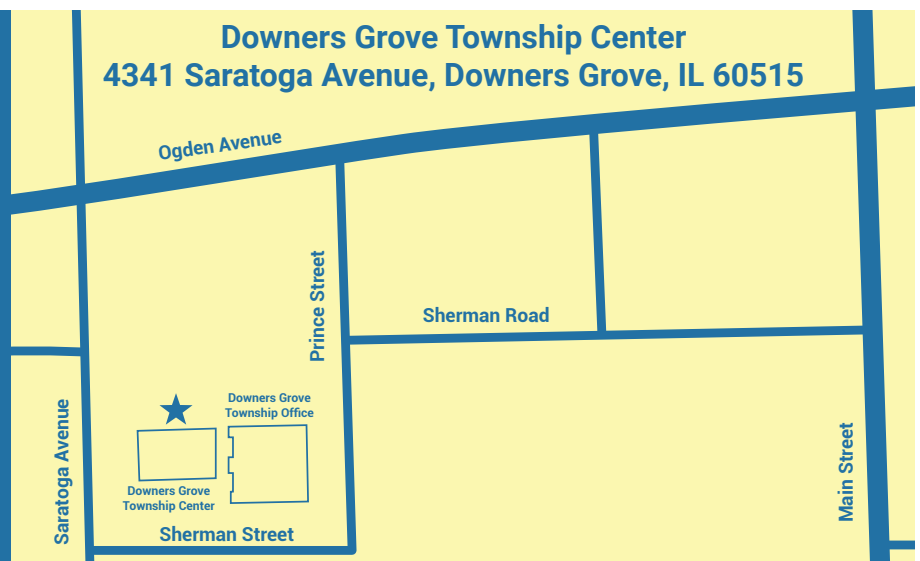
**Tuesdays, 9:30 AM - 12:00 PM,
and 2:30 PM - 3:30 PM
and Thursdays, 2:30 PM - 3:30 PM**

Stop by the senior center to enjoy a cup of coffee, socialize with others, sign up for programs, and ask questions about Township services. We have board games and playing cards available, a puzzle to work on, adult coloring, ping-pong, and other activities, too. We look forward to seeing you. Feel free to bring a friend!



When visiting Downers Grove Township you may park in front of both the Township Center building (4341 Saratoga Avenue) or the Administrative Offices building (4340 Prince Street). Please be careful in our parking lot and consider carpooling when you can. Parking is limited!

**Downers Grove Township Center
4341 Saratoga Avenue, Downers Grove, IL 60515**



DOWNERS GROVE TOWNSHIP SENIOR PROGRAMS

PLEASE REGISTER IN ADVANCE FOR ALL EVENTS!

Sign up online on at www.myactivecenter.com or by phone at 630-719-6670! Register early so you don't miss out! Waitlists will be formed once events reach capacity.


If you are unable to attend an event, kindly call and let us know so that we can accommodate others who are interested.

myactivecenter

SCAN ME



 www.myactivecenter.com

 630-719-6670

 4341 Saratoga Avenue
Downers Grove, IL 60515

ARE YOU READY TO REGISTER?





GAMES, CARDS, PING PONG, & MORE!

Don't let the cold weather keep you from having fun. We have a variety of fun, interactive activities to choose from at the senior center. Join us for socialization, coffee, and friendly competition.

- Ping Pong
- Bean Bag Toss
- Yahtzee
- Canasta
- Pinoche
- Rummikub
- 5 Crowns
- Scrabble
- Chess
- Chinese Mahjong
- American Mahjong
- Poker and more!

Tuesdays, January 2, 9, 16, 23, & 30, 2024
9:30 AM - 11:00 AM & 2:30 PM - 3:30 PM

Thursdays, January 4, 11, 18, & 25, 2024
2:30 PM - 3:30 PM

BRING YOUR OWN CRAFTS AND MORE!

Bring your craft projects from home and enjoy working with others who share your interests. We're looking for people interested in crafting, knitting, crocheting, scrapbooking, rubber stamping, quilting, painting ... Plenty of table space, coffee, and conversation will be provided.

Tuesday, January 2, 2024
9:30 AM - 3:30 PM

Tuesdays, January 9, 16, 23, & 30
9:30 AM - 12:00 PM



Thank you for all you do for us "seniors". My whole life has turned around since discovering the Township world. I have met so many new friends and have had experiences that I never knew were out there.



BLOOD PRESSURE CLINIC

Northwestern Medicine, in partnership with Downers Grove Township, is hosting a no cost, blood pressure screening clinic and providing stroke awareness education to community members. No appointments necessary. Offered the 1st Tuesday of each month.

Tuesday, January 2, 2024
10:30 AM - 11:30 AM



Register at www.myactivecenter.com or 630-719-6670

Downers Grove Township Center | 4341 Saratoga Avenue, Downers Grove, IL 60515



CHAIR YOGA

Join us for a stretching and strengthening gentle exercise class that will include seated and standing chair yoga postures. Improve your flexibility and mobility and improve relaxation skills, while improving balance and coordination.

Presented by MKH Yoga

**Wednesdays, January 3, 10, 17, 24, & 31, 2024
3:00 PM - 4:00 PM**

This is not a series. Sign up for each date individually!



SPREADING SUNSHINE: COMMUNITY VOLUNTEERING PROJECTS

Help give back to the community by volunteering! Each month we'll have a different project available that will benefit local organizations in our area. Your efforts will make a positive impact on our community members.

**Thursday, January 4, 2024
Thursday, February 1, 2024
10:00 AM - 11:30 AM**



JUST US SENIORS

Join us for coffee and conversation as we discuss growing older in our society. This forum is a time for individuals to seek and offer support regarding aging related topics. Community input will be shared with Downers Grove Township Senior Advisory Committee members.

**Thursday, January 4, 2024
Thursday, February 1, 2024
9:00 AM - 10:00 AM**

Register at www.myactivecenter.com or 630-719-6670



BUNCO

Come play this social, group dice game that requires no skill. Join us for a face-paced and fun afternoon! Offered the 1st Friday of each month.

**Sponsored by Allison Green, AuD,
of Assisted Living Locators.**

**Friday, January 5, 2024
Friday, February 2, 2024
11:30 AM - 1:00 PM**



I learned something I've always wanted to learn- Tai Chi! I can tell my balance has improved. It was a beneficial class to take. And it was fun! The instructor was great!



MUSICAL JAM SESSION

Calling all musicians! Do you play an instrument and want to play music with other local seniors? Join us for a jam session! Bring your instrument and a music stand. If you have sheet music to share with the group, feel free to bring that too.

**Friday, January 5, 2024
Friday, February 2, 2024
1:30 PM - 3:30 PM**

TAI CHI FOR ARTHRITIS AND FALL PREVENTION

This 16 week group exercise program is designed to increase range of motion, strength, flexibility, and overall wellness. Exercises offered are appropriate for people at all fitness levels, you can participate sitting or standing. Join us to improve your health and make new friends! Presented by White Crane Wellness Center.

**Tuesdays, January 9 - April 23, 2024
1:00 PM - 2:00 PM**

This class meets for 16 weeks.





BINGO

Come to the Township Center for a fun afternoon playing BINGO! This is one of our most popular events – sign up early! Prizes will be awarded and dessert will be served! We will also celebrate all monthly birthdays.

Sponsored by Clemens Enterprises

**2nd Wednesday of the Month
January 10, 2024
12:30 PM - 2:00 PM**

WATERCOLOR PAINTING

Join us to create a beautiful, winter, watercolor painting. No experience necessary, this is a beginner class. Guided instruction and supplies will be provided.

**Thursday, January 11, 2024
9:30 AM - 11:00 AM**



BRAIN GAMES

Come join us for fun afternoon and give your brain a workout. We'll engage in lots of fun activities to boost memory, attention, and other cognitive skills!

**Thursday, January 11, 2024
12:30 PM - 2:00 PM**



As usual, the staff and presenters were welcoming, helpful, and informative. Had a great time at the senior center!

Register at www.myactivecenter.com or 630-719-6670



RELAXATION CLASS (MINDFULNESS)

Participants will practice breathing exercises, meditation and other mindful activities to help with stress reduction, and to improve overall well-being. Meets every Thursday. *This is not a series. Sign up for each date individually.*

In partnership with Metropolitan Family Services

Thursdays, January 11, 18, & 25, 2024
3:45 PM - 4:15 PM

BINGO AT THE BIRCHES

We're taking the excitement of our bingo games out into the community. Join us for an afternoon of bingo with our friends at The Birches. Great prizes, lucky winners, and loads of fun guaranteed!

Sponsored by The Birches

Friday, January 12, 2024
1:30 PM - 2:30 PM

The Birches Assisted Living and Memory Care
215 55th Street
Clarendon Hills, IL 60514



PUZZLE AND BOOK SWAP

Looking for a jigsaw puzzle to do or a new book to read? Stop by and choose one to bring home. With cold winter days upon us, these are great indoor activities to have on hand. Plus, jigsaw puzzles can help improve visual-spatial reasoning, short-term memory, problem-solving skills, combat cognitive decline, and additional benefits. Have a jigsaw puzzle or book you've already completed that you'd like to donate? Drop it off at the senior center and we'll share it with another community member.

Tuesday, January 16, 2024
9:30 AM - 12:00 PM



Downers Grove Township Center | 4341 Saratoga Avenue, Downers Grove, IL 60515



LEARN AMERICAN MAH JONGG

Mah Jongg is a fascinating, rummy-like game played with tiles rather than cards. Come learn how to play during this instructional class for beginners. You must attend all 3 sessions.

Tuesday, January 16, 23, & 30, 2024
9:30 AM - 11:00 AM

Must attend all 3 sessions.

RECIPE SWAP

Looking for a new meal idea this winter? Join us for a discussion about our favorite foods, the stories behind the recipes, and memories of shared cooking and eating traditions. Please bring a copy of a favorite recipe to share with the group.

Wednesday, January 17, 2024
12:30 PM - 2:00 PM

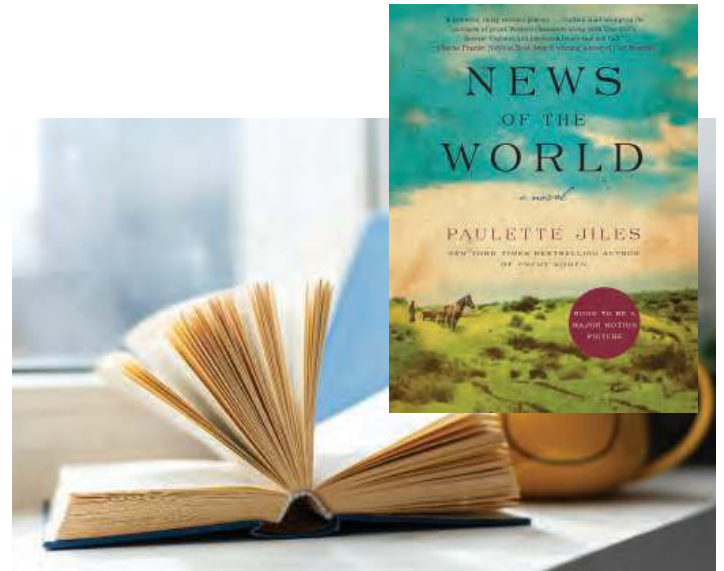


I'm 67 and I've never made a gingerbread house - ever! I've always wanted to. As soon as I saw it offered in the senior newsletter I signed up immediately. I'm so happy you offered this. It was a lot of fun.

BOOK CLUB

Join us for literary discussion and conversation about *News of the World* by Paulette Jiles. Books are available for pick up at the Township Office.

Wednesday, January 17, 2024
1:30 PM - 3:00 PM



Register at www.myactivecenter.com or 630-719-6670



DOWNERS GROVE TOWNSHIP SERVICES SEMINAR

Join us for donuts and coffee while learning more about Downers Grove Township and the senior services we offer. We will discuss how to register for programs on www.myactivecenter.com, Dial-A-Ride transportation, RTA transportation, Benefit Access applications, Senior Homestead and Freeze exemptions, volunteer opportunities, and more.

**Thursday, January 18, 2024
9:30 AM - 10:30 AM**

SENIOR SURVIVAL SKILLS SEMINAR: LIFE TRANSITIONS AND POSITIVE THINKING

Come hear from Life Coach Connie Catalano and learn no-nonsense strategies for starting the new year with a positive mindset. You'll learn how to set realistic goals and expectations, strategies for managing life changes, and how to plan for the life you want. Complimentary lunch will be provided by Friends for Downers Grove Township Seniors.

**Thursday, January 18, 2024
12:00 PM - 2:00 PM**



PHOTO CONTEST

It's time to guess who's who at the senior center! Bring in a photo of yourself from your high school yearbook/teenage years and give it to a staff member by January 18. Over the next few weeks, try to match the young photo with a current senior center attendee. How many can you get correct? Answers and prizes for the most correct guesses will be announced on Valentine's Day.

Drop Off by January 18

CARD MAKING WORKSHOP

Join us to create homemade greeting cards using a variety of rubber stamping and paper crafting techniques. Instruction and supplies provided.

**Monday, January 22, 2024
1:00 PM - 3:00 PM**





GETTING TO KNOW YOU WORKSHOP

Join us for a fun morning of socializing, discussion and interactive activities. You'll make new friends, learn about one another, and laugh! Please bring a "show and tell" item or story to share about yourself. Donuts and coffee will be served!

**Thursday, January 25, 2024
9:30 AM - 11:00 AM**



TELL YOUR STORY

This event will be a fun way to learn more about each other. Come listen and learn about interesting life experiences, skills, and stories from local community members. If you are interested in sharing about a trip you've taken, special skill or talent you have, cultural tradition, unique life experience, your past profession, etc. please reach out to *Senior Services Coordinator Karen Spencer at karen.spencer@dgtownship.com*

**Wednesday, January 24, 2024
12:30 PM - 2:00 PM**

DANCE CLASS

Join this beginner class to learn dances such as: swing, foxtrot, cha cha cha, waltz, polka, Texas two step, and merengue. Our instructors are two local senior residents who love to ballroom dance and want to help others join in this healthy and fun activity. Rather just watch for your own enjoyment? Feel free to join us. There are no prerequisites or expectations to actually dance.

**Thursday, January 25, 2024
12:00 PM - 2:00 PM**



Register at www.myactivecenter.com or 630-719-6670



I first came to the Senior Center for the Mahjong class on 3/7/23. Since then I come for games every Tuesday and other classes, presentations and activities. The Senior Center has opened up my life. I've made friends, learned new things and participated in activities I never imagined myself doing. The Center and the people have become a mainstay in my life.

CRAFTERNOON

Join us for an afternoon to work on arts and crafts projects, while socializing with others. Feel free to bring your own project (card making, scrapbooking, crochet, knitting, etc.) from home to work on.

**Monday, January 29, 2024
1:00 PM - 3:00 PM**



STRATEGIES FOR DISCUSSING TOUGH TOPICS SEMINAR

Join us for this educational workshop, co-presented by Rachelle Blough, CADDCT with Lexington Square and Kerry Quirin, CDP with Senior Living Experts. Both presenters have walked the balance beam of dutiful daughter and senior care professional. Together, they will share their experience, and you'll learn how to discuss tough topics with your children so that they are aware of your needs and wishes. Learn about additional resources available to use as we age to make our experiences more comfortable and well-rounded.

**Thursday, February 1, 2024
12:00 PM - 2:00 PM**

AARP SMART DRIVER CLASS

This 2-day course teaches proven driving techniques to help keep you and your loved ones safe on the road. Additionally, you could be eligible for a multi-year discount on your auto insurance. \$20 AARP members/\$25 non-AARP members.

**Fridays, February 23 & March 1, 2024
12:00 PM - 4:00 PM**



DRURY LANE THEATRE OUTING: FIDDLER ON THE ROOF

Wednesday, January 31, 2024

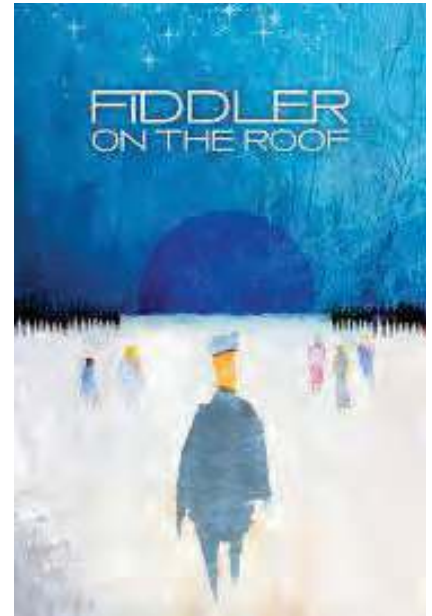
Showtime 1:30 PM

Meet in the Drury Lane Theatre lobby at 1:15 PM

**No transportation provided—meet at the venue*

Drury Lane Theatre

100 Drury Lane
Oakbrook Terrace, IL 60181



Set in the little village of Anatevka, the story of Tevye and his five daughters has been touching audiences worldwide with its humor, warmth, and honesty for generations. With the help of a colorful and tight-knit Jewish community, Tevye tries to protect his daughters and instill them with traditional values in the face of political and social change in Czarist Russia. Rich in historical detail, Fiddler on the Roof's universal theme of tradition cuts across barriers of race, class, nationality, and religion, leaving audiences crying tears of laughter, joy, and sadness.

Non-refundable ticket price: \$66

Make checks payable to: Downers Grove Township

Register in person, by January 17, 2024 at:

Downers Grove Township Office
4340 Prince Street, Downers Grove, IL 60515
630-719-6670



STAY CONNECTED!

Follow us on Facebook
www.facebook.com/dgtownship

Follow us on Nextdoor
www.nextdoor.com

Sign up for our monthly newsletter
Email: humanservices@dgtownship.com

Visit our website
www.dgtownship.com/senior-services/





Your Next

Adventure

Awaits

Did you know Downers Grove Township is a Passport Acceptance Agency?

We can process first time applications and renewals, including taking your passport photos!

Appointment required. Call 630-719-6610 to schedule yours today!
For more information, visit <https://www.dgtownship.com/supervisor/>



RTA REDUCED FARE PROGRAM

The RTA Reduced Fare permit allows older adults, ages 65 or over, qualified people with disabilities, and Medicare recipients to ride all RTA fixed-route services at a reduced fare.

These fixed-route services include CTA buses and trains, Metra trains, and Pace buses in the six-county region of Cook, DuPage, Kane, Lake, McHenry, and Will.

*Downers Grove Township can assist you in applying for this program.
Please call 630-719-6670 to make an appointment.*





DOWNERS GROVE TOWNSHIP IS NOW SCHEDULING LIHEAP APPOINTMENTS

Helping income-eligible households with their natural gas, propane and/or electric bills, as well as assistance for inoperable furnaces.



- > The program will begin taking applications on October 2, 2023, for households with a senior, an individual with a disability, and children younger than six years old. Applications will be taken on a first-come, first-served basis through August 15, 2024.
- > On Wednesday, Nov. 1, households that are disconnected from their utilities, have a disconnection notice, or have less than 25% in their propane tank can start applying for assistance. All other income-eligible households can start applying Dec. 1.

CONTACT US

For income guidelines or to make an appointment, please call the Downers Grove Township Supervisor's Office at 630-719-6610.





Downers Grove Township

Medical Lending Closet

Our Senior Center now offers medical equipment for a 90-day loan period at no cost to you!

Call us for an appointment if you are in need of

- Wheelchairs
- Crutches
- Walkers
- and more!
- Canes

Medical equipment donations are welcome!
Please call to set up a time to drop off.



For appointments and more information, contact us at
630-719-6610 or humanservice@dgtownship.com.



MEMORY CAFÉ

FOR INDIVIDUALS LIVING WITH DEMENTIA
AND THEIR CARE PARTNERS.

We will offer a place where both caregiver and care recipient can participate in an activity together and connect with others in similar situations. These FREE events will focus on increasing physical capacity through movement to enhance participation in daily activities that improve quality of life.

EVERY SECOND MONDAY OF THE MONTH
11:00 AM - 12:00 PM

Downers Grove Township Center
4341 Saratoga Ave. Downers Grove, IL 60515

- January 8th
- February 12th
- March 11th
- April 8th
- May 13th

REGISTER BY CALLING 630-719-6670

This is not meant to be a drop-off activity. Activities are designed for caregivers and care recipients to participate together.



DOWNERS GROVE TOWNSHIP ELECTED OFFICIALS

Supervisor
Paul Coultrap

Assessor
Gregory A. Boltz

Highway Commissioner
Lawrence "Andy" Anderson

Clerk
Lorraine Grimsby

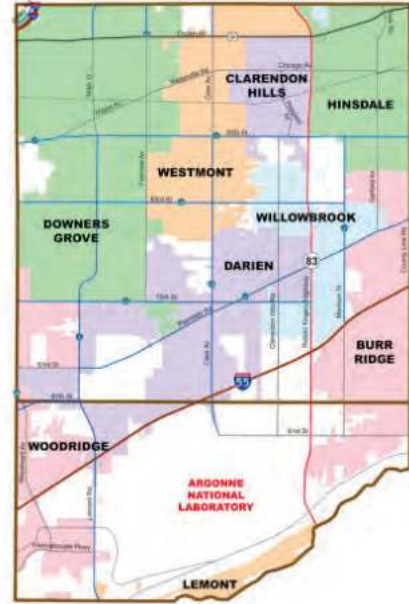
BOARD OF TRUSTEES

Abby Ferguson

Dave Ricordati

Mike Ockrim

Kristina McCloy



Downers Grove Township Boundaries

Downers Grove Township is the largest township in DuPage County and covers the following areas: east to County Line Rd., west to Woodward Ave., north to 39th Street and south to the I&M Canal. Located in the southeast corner of DuPage County, the Township's jurisdiction includes the communities of Burr Ridge, Clarendon Hills, Hinsdale, Darien, Downers Grove, Lemont, Westmont, Willowbrook and Woodridge.

Dial-A-Ride

Dial-A-Ride is a curb-to-curb shared ride service for Downers Grove Township residents who are 65 and older. It is also a service for qualified persons, of any age, with disabilities. Riders with disabilities who are under 65 must have an RTA/ADA card.

The Dial-A-Ride service is provided to and from any point within the Township of Downers Grove boundaries. This includes service to Hinsdale Hospital, Good Samaritan Hospital, and Loyola Center for Health at Burr Ridge. Service is provided from 8:00 am to 4:00 pm, Monday through Friday. The fare is \$3.00, cash, for each one-way ride. Please call 630-719-6670 to make an appointment.

