

APRIL 2024

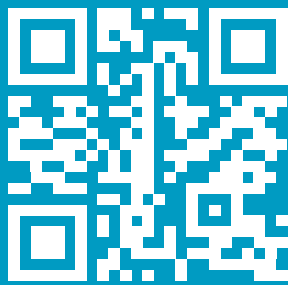


DOWNERS GROVE TOWNSHIP SENIOR PROGRAMS

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

April 2024

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



Monday		Tuesday		Wednesday		Thursday		Friday	
1	9:30 Moving for Better Balance	2	9:30 Games & Crafts 10:30 Blood Pressure Clinic 11:00 Community Dining 1:00 Tai Chi 2:30 Games	3	9:30 Moving for Better Balance 11:00 Community Dining 12:15 Weather Seminar 3:00 Chair Yoga	4	9:00 Just Us Seniors 10:00 Community Volunteering 12:00 Gardening for Life 2:30 Games 3:45 Relaxation Class	5	1:30 Musical Jam Session
8	9:30 Moving for Better Balance 11:00 Memory Cafe 1:00 Card Making Workshop	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 Print Making 12:30 Baseball Social 1:00 Unsinkable Molly Brown 2:30 Games 3:45 Relaxation Class	12	1:30 Bingo at The Birches
15	9:30 Moving for Better Balance	16	9:30 Games & Crafts 11:00 Community Dining 1:00 Tai Chi 2:30 Games	17	9:30 Moving for Better Balance 11:00 Community Dining 1:30 Book Club 3:00 Chair Yoga	18	9:30 Print Making 12:00 Food & Fun Trivia Day 2:30 Games 3:45 Relaxation Class	19	11:30 Bunco
22	9:30 Moving for Better Balance	23	9:30 Games & Crafts 11:00 Community Dining 1:00 Tai Chi 2:30 Games	24	9:30 Moving for Better Balance 11:00 Community Dining 12:30 Sing-a-Long 3:00 Chair Yoga	25	12:00 Kentucky Derby Social 2:30 Games	26	12:00 Kentucky Derby Social
29	9:30 Moving for Better Balance 1:00 Crafternoon	30	9:30 Games & Crafts 11:00 Community Dining 2:30 Games	1		2		3	

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 Assistance & Support

COMMUNITY DINING MENU

Downers Grove Township

(224) 580-1330

APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Sizzling Steak Mashed Potatoes Cabbage & Carrots Multi-Grain Bread Mixed Fruit Oatmeal Raisin Cookies (**)	COLD MEAT Roasted Turkey & Cheddar Lettuce & Tomato Pea Salad Wheat Kasha Pineapple Tarts		Downers Grove Township Center 4341 Saratoga Ave Downers Grove, IL
	8. Sour French Dip w/ Mushrooms & Onions Oven Fries Corn Wheat French Roll Whole Apple	9. Lasagna w/ Meat Sauce Squash Vesting Italian Green Beans Whole Wheat Bread Chilled Peas		
	15. Hamburger Bean Casserole Mixed Veggies Wheat Bun Fries Sunburst (**)	16. COLD MEAT BLT Chicken Salad Mixed Salad Greenery/Tomato In Hand Salad Corn Bread Mandarin Oranges		
	22. Eggs / Brussels & Cheesy Chicken Fried Hash Browns Apple Cobbler Lemon Banana	23. Slow Roasted Beef Au Gratin Potatoes Carrots & Greens Multi-Grain Dinner Roll Mixed Fruit		
	29. Italian Sausage / Marinara Scalloped Potatoes Brussels Sprouts Wheat Sausage Bun Fresh Melon			All Meals include a Beverage (**) Substitutions for Diabetic

MENU ITEMS SUBJECT TO CHANGE WITHOUT NOTICE
 -PLEASE CALL (224) 580-1330 ONE WEEK PRIOR TO MAKE RESERVATIONS-

PLEASE REGISTER IN ADVANCE FOR ALL EVENTS!

Visit www.myactivecenter.com or call 630-719-6670.



Sign up 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.

JUST A REMINDER

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



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). Additional parallel parking is located on Sherman 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





GAMES, CARDS, PING PONG, & MORE!

Looking to play cards? Love to play board games? Want to play ping pong? Join us for socialization, coffee, and friendly competition.

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

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

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

OPEN 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.

Tuesdays, April 2, 9, 16, 23, & 30, 2024
9:30 AM - 11:00 AM



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, April 2, 2024
Tuesday, May 7, 2024
10:30 AM - 11:30 AM

Great hearing and eye health seminar!
The information about the importance of eye care and how to take care of my eyes was extremely helpful!



Register at www.myactivecenter.com or 630-719-6670
Downers Grove Township Center | 4341 Saratoga Avenue, Downers Grove, IL 60515



WEATHER SEMINAR

Warm spring weather also brings dangerous storms. Learn about lightning, tornadoes, flash floods and oppressive heat, the risks they pose and safety measures. **Presented by Alan Jirik**, a degreed meteorologist, certified storm spotter and amateur storm chaser.

Wednesday, April 3, 2024
12:15 PM - 1:00 PM

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, April 3, 10, 17, 24, and May 1, 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, April 4, 2024
Thursday, May 2, 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. Share your feedback, ask questions, and learn about local senior services from Downers Grove Township staff. Community input will be shared with Downers Grove Township Senior Advisory Committee members.

Thursday, April 4, 2024
Thursday, May 2, 2024
9:00 AM - 10:00 AM

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



GARDENING FOR LIFE

Spring is around the corner and it's time to think about getting out in the garden. Whether you're planting flowers or vegetables, have space for a backyard garden or using containers in a small space, physically fit or have limited mobility- gardening is for everyone! Come learn about the benefits of gardening, types of gardens, using good body mechanics, gardening tools, what to plant, and more in this informative seminar. Then, we'll all dig in the dirt a bit to create our own spring planter to bring home.

Presented by Lori Gibson, Home for Life Advantage and Lauri Luessow of the Darien Garden Club.
Sponsored by Kerry Quirin with Senior Living Experts.

**Thursday, April 4, 2024
12:00 PM - 2:00 PM**



I sat in on your musical Jam session, it was such a delight! I don't play an instrument, but listening to the music lifted my mood!



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, April 4, 11, & 18, 2024
3:45 PM - 4:15 PM**

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. Non-musical individuals welcome to attend too. Come listen to live music and enjoy the afternoon with us!

**Friday, April 5, 2024
Friday, May 3, 2024
1:30 PM - 3:30 PM**





CARD MAKING WORKSHOP

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

**Monday, April 8, 2024
1:00 PM - 3:00 PM**



PRINTMAKING ART CLASS

This spring we will offer several art classes where we will experiment with a variety of printmaking techniques: collagraphs, monotypes, gel, relief, and more. Each class we will follow a guided, video lesson to create unique project. Please wear clothes that can get messy. Let your creative side show in this fun class!

**Thursdays, April 11 & 18, 2024
9:30 AM - 11:00 AM**

BINGO

Come to the Township Center for a fun afternoon playing BINGO! This is one of our most popular events! 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
April 10, 2024
12:30 PM - 2:00 PM**



BASEBALL SEASON IS HERE AGAIN SPRING SOCIAL

Let's kick off baseball season with a spring social. Join us for a hot dog lunch, ballpark snacks and lots of fun with friends. *Optional: wear your favorite sports team clothing or colors.*

Sponsored by Cordia Senior Residences.

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

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

THE TRUE STORY OF THE UNSINKABLE MOLLY BROWN: THE HEROINE OF THE TITANIC

Hear the story of the life and times of the adventurous and daring "Unsinkable Molly Brown." The "unsinkable" part is true, for after the sinking of The Titanic in April of 1912, Margaret Brown (her real name) was interviewed and asked how she survived the sinking on the ship she responded, "Typical Brown luck. We're unsinkable." Discover her fighting spirit in helping other survivors who lost everything when the Titanic sunk. Historical photographs and newspapers will be shared.



In partnership with Downers Grove Public Library.

Thursday, April 11, 2024
1:00 PM - 3:00 PM

Off Site Program
Downers Grove Public Library
1050 Curtiss Street
Downers Grove, IL 60515

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, April 12, 2024
1:30 PM - 2:30 PM

Off Site Program

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



BOOK CLUB

Join us for literary discussion and conversation about *Horse: A Novel*, by Geraldine Brooks. Books are available for pick up at the Township Office.

Wednesday, April 17, 2024
1:30 PM - 3:30 PM



The book club at Downers Grove Township is great! I get to hear about other people's perspectives on the book, very enlightening!

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



FFDGTS FOOD & FUN TRIVIA DAY

Come for lunch and stay for the Trivia - Food and Prizes **sponsored by the Friends For Downers Grove Township Seniors!** FFDGTS will share info regarding their history and the ways they are able to impact the independence and well being for our seniors in the community.

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



BUNCO

Come play this social, group dice game that requires no skill. Join us for a face-paced and fun afternoon!

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

**Friday, April 19, 2024
11:30 AM - 1:00 PM**



SING-A-LONG

Enjoy listening to and singing along to some favorite hits in this group singing session. No experience needed, all voices welcome! Let's make a joyful sound together and have some fun!

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



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

You may only attend 1 event



KENTUCKY DERBY SPRING SOCIAL

It's almost time for the horses to run for the roses! Join us for a luncheon and socialization. Feel free to dress up in your "Derby Day" attire, hats encouraged!

In partnership with Downers Grove Park District.
Sponsored by Senior Living Experts.

Thursday, April 25, 2024 **DATE FULL**
Friday, April 26, 2024
12:00 PM - 2:00 PM



CRAFTERNOON

Join us for an afternoon to work on arts and crafts projects, while socializing with others. This month we'll make beautiful, beaded lanyards. Or feel free to bring your own project (card making, scrapbooking, crochet, knitting, etc.) from home to work on.

Monday, April 29, 2024
1:00 PM - 3:00 PM

I love coming to Downers Grove Township! I have met so many new friends, I look forward to seeing them every week.




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/





DOWNERS GROVE TOWNSHIP FLAG BOX

Respectfully retire and dispose of your worn-out or unused American flags at the Downers Grove Township Center.

THE FLAG BOX IS AVAILABLE FOR USE ANYTIME
AND CAN BE FOUND OUTSIDE ON THE
SOUTH SIDE OF THE TOWNSHIP CENTER.



DOWNERS GROVE TOWNSHIP



*Supervisor's
Office*



*Assessor's
Office*



*Highway
Department*

WHAT WE OFFER

- ✓ Senior Center Programs
- ✓ Community Dining
- ✓ Dial-A-Ride
- ✓ RTA Applications
- ✓ Medical Lending Closet
- ✓ Cemeteries
- ✓ Benefit Access Applications
- ✓ Voter Registration
- ✓ Notary Services
- ✓ Passport Applications
- ✓ General Assistance
- ✓ Youth Services
- ✓ Resource and Referral Information

Contact Us



(630) 719-6670



www.dgtownship.com

4340 Prince Street, Downers Grove, IL 60515

A black passport with the word "PASSPORT" in gold letters and the Great Seal of the United States is shown in the foreground. In the background, a map of the United States is visible, with the word "ARABIA" partially seen. The text "Your Next Adventure Awaits" is overlaid on the map in three white boxes.

**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.***





LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)

Are you a DuPage County resident and in need of some extra help with your energy bills?

YOU MAY BE ELIGIBLE FOR LIHEAP

LIHEAP offsets the rising cost of home energy through direct financial assistance.

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

630.719.6610

Applications will be accepted until August 15, 2024.

Eligible households are determined by household size, gross household income, geographical location, and type of energy source used. An overdue bill or disconnect notice is not required.









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.

