

Community-Focused Senior-Driven



THE CONNECTION

Downers Grove Events Itinerary

January Event Highlights

Downers Grove Public Library

BEGINNING BOBBIN LACE

Learn the basic stitches used in the centuries-old art of bobbin lace from members of Lacemakers and Collectors Exchange (L.A.C.E.). All supplies provided.

Downers Grove Park District

WALKING CLUB

Join the 6-week Walking Club! Walk with friends or make friends as you walk and improve your health one step at a time.

Downers Grove Township Senior Center

COMMUNITY DINING

Come enjoy lunch while socializing with others in our community! Available to seniors 60+ on Tuesdays and Wednesdays from 11:00am - 12:00pm. \$5 donation encouraged.

DSCC Spotlight

Mike Deegan is a member of DSCC's wonderful team of volunteers.

Mike spent some of his time this holiday season to be Santa for a dog rescue shelter and his local church!



Pictured: Mike Deegan (L) and Dot O'Shea (R)

GET INVOLVED

Whether its relaxing chair yoga or an intense game of poker, DuPage Senior Citizens Council challenges you to try new things with new people this year.



Events

A complete breakdown of the events happening in your community

Activities

Latest activities hosted by the Downers Grove library, park district, senior center and more.

Services

Local service providers, initiatives, and programs to improve quality of life



Preface

Dear Downers Grove Residents,

We are delighted to present the inaugural edition of "**The Connection**" by the DuPage Senior Citizens Council (DSCC). This newsletter consolidates information on current and upcoming events/services for the senior community in Downers Grove, distributed free of charge.

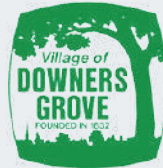
Our goal is to foster community growth, enhance connections among citizens, and address information barriers within our community. Teaming up with various local organizations, we've curated this resource to promote awareness of available services and initiatives positively impacting our community.

Wishing you a Happy New Year and hope you discover new experiences within these pages.

Best regards,

DuPage Senior Citizens Council

Our Partners



Contents

04 Service Area

Map of Downers Grove Township Service Area

05 DuPage Senior Citizens Council

DuPage Senior Citizens Council is a not-for-profit 501(c)(3), volunteer-driven organization committed to helping and advocating for the livelihood of seniors.

09 Downers Grove Public Library

From tracing genealogy to delivering books straight to your door, the library provides countless services and activities to the residents of Downers Grove.

11 Downers Grove Township Senior Center

A complete breakdown of events and activities designed to enhance your quality of life. Stop by to engage or eat with the community!

31 Downers Grove Township

The Township offers several resources and services such as dial-a-ride and medical equipment lending. Check out their insert for a full listing!

32 Downers Grove Park District

The Park District offers several events and classes. If you are interested in exercise or finding a community for you, this is a great first step!

40 Village of Downers Grove

The Village offers a robust social services referral program staffed by a licensed social worker to help you get connected to the programs you need.

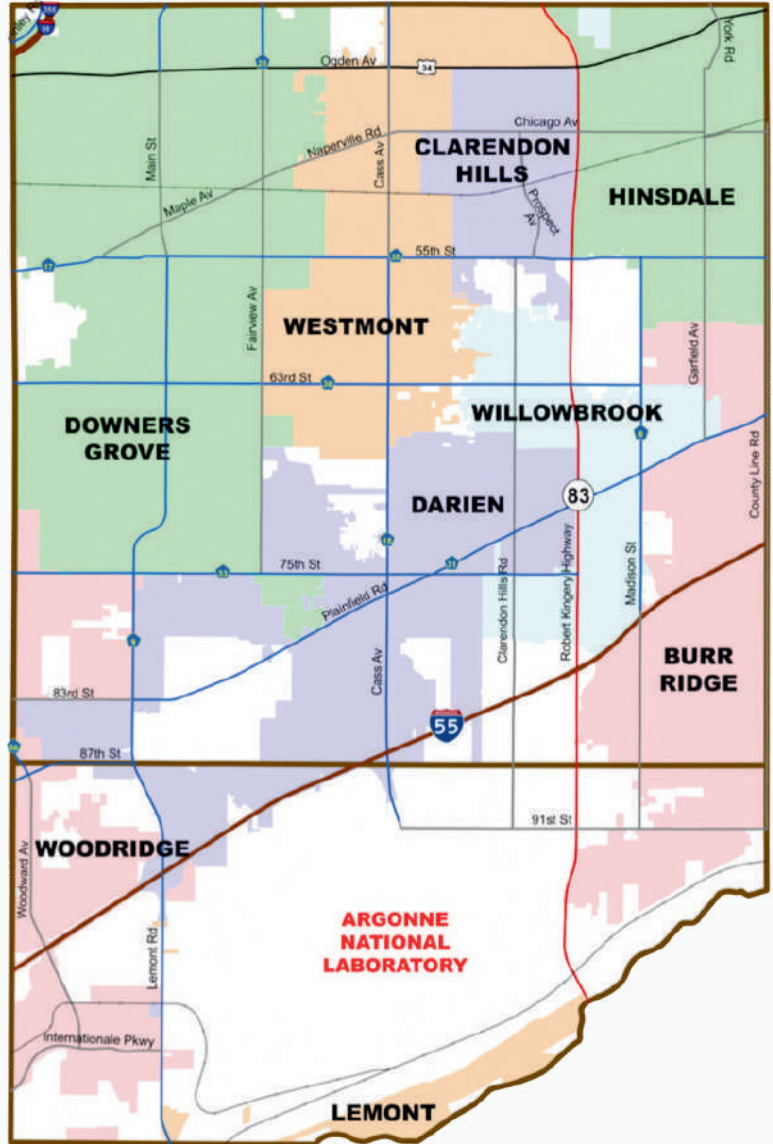


Downers Grove Township Boundaries

Downers Grove Township is the largest township in DuPage County and covers the following area:

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, Willbrook, and Woodridge.



Established in 1975, the DuPage Senior Citizens Council (DSCC) is volunteer-driven and a 501(c)3 not-for-profit organization.

We are a proud member of Meals on Wheels America and are the official Meals on Wheels provider for all of DuPage and Kane Counties.

For nearly 50 years, we have been caring for seniors living in DuPage and Kane Counties.



Meals On Wheels

Homebound seniors receive nutritious meals delivered by our volunteers

Senior Dining

Various dining locations where seniors can gather to share a meal and socialize

Health & Wellness Education

Providing our seniors with useful information to help them maintain good health

Pet Food & Assistance

Helping senior pet owners by providing food assistance and access to veterinary visits

Minor Home Repairs

Taking care of small repairs around the homes of our seniors

Contractor Referrals

Connecting seniors with reliable professional contractors to help with home improvements

Yard Clean-Ups

Keeping our seniors' yards safe and clean with the help of volunteers

Social Connections

Regular communication with seniors to promote consistent socialization

Intergenerational Activities

Connecting seniors with volunteers of other generations through special projects & activities

Well-Being Checks

Regular visits to our seniors' homes to keep them safe and connected are provided with each service

Connect:

Scan to learn more about our services or to **volunteer** with us.

Providing Meals and More...

www.DuPageSeniorCouncil.org

630-620-0804

1990 Springer Drive, Lombard, IL 60148





IT'S AMAZING WHAT A PHONE CALL CAN DO!

VOLUNTEER TODAY

Join our Social Connections Team

Social isolation is an ongoing issue for older adults living alone. More than ever, seniors struggle with loneliness.

We connect an older adult with a volunteer who calls them during the week, helping seniors feel connected and loved in a very unique way.

“My volunteer makes me laugh. I love hearing her stories and sharing my own stories. We have a great friendship.”
Senior

For Volunteers

- Call from home, office, or anywhere convenient
- Our call system won't share your personal phone number
- Engage in 45-60 minutes of weekly talk time

For Seniors

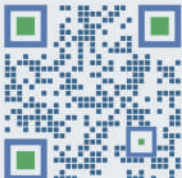
- Feel important and connected
- Share meaningful conversations through regular socialization
- Decreasing health risks associated with loneliness

“I have been very blessed in my life, but it brings me pure joy to be able to give of myself to someone who really appreciates me. To know that I am bringing joy to someone else's day is a great opportunity.”
Volunteer

“Love it, I mean I absolutely love this service”
Senior

Learn More

Scan this code call (630) 620-0804 or visit our website.



www.DuPageSeniorCouncil.org/friendly-phone-call-volunteers

Looking to 2024 with New Year's Resolutions

Looking to 2024

As 2023 comes to an end, many use this time for reflecting on the past 12 months, thinking back on all they've accomplished and how they've changed as a person. Many also see this as a time for looking toward what's to come.

New Year's resolutions have been a tradition for many years, as people look for ways they can better themselves in the next year.

New Year, New Me

Every new year, people make resolutions of what they want to change or achieve in the next twelve months. There are often trends of what resolutions are the most common, as certain things are universal in what people would like to achieve.

Some of the most common resolutions made are related to living a healthier lifestyle. Exercise and healthy eating are among the most frequent resolutions each year.

Another common theme for resolutions relates to building stronger connections with the people in their lives. Spending more time with family and friends is among the things that people want to change in the new year.

From starting a new habit to making a point to do something more often, making New Year's resolutions are a great way to start the year off with a fresh outlook on what is possible in the months to come.

Resolutions with DSCC and KSC

Our services at DSCC and KSC can help with achieving some of these common resolutions. Our Home-Delivered Meals as well as Community Dining menus provide healthy and nutritious meals to help maintain a healthier diet, while our Health and Wellness Education helps seniors to learn more about making healthy choices with their diet and lifestyle.

Our Senior Dance Parties provide a space for seniors to get active and exercise in a way that is fun and sociable. Our Friendly Phone Call Program provides the opportunity for seniors to connect with others and build stronger relationships.

Whether you have a resolution for 2024 or not, DSCC and KSC will continue to be here for seniors who need assistance. In 2024, we look forward to continuing to work with wonderful, dedicated volunteers who help make it all possible.

DSCC/KSC Team Resolutions

We went around the DSCC/KSC office and asked some of our team what kind of resolutions they will be making for 2024. Here's what some of them said:

"I hope to spend money more wisely in the new year."

"In 2024, I want to make healthier choices. I also want to make a point to be nicer to my loved ones."

"Staying positive and healthy in 2024."

"In 2024, I think I'm going to try to focus more on my mental health."

"Getting active and eating better starting January 1st."

"Spending more time with my family and connecting more with friends all year."

Happy New Year!

Senior Services

Downers Grove Public Library

Social Work Interns

The library's interns can provide referrals to resources for mental health, housing, employment, healthcare, immigration, domestic violence, and more. They can also assist with conflict mediation and provide mini-counseling and therapy services. Sessions are completely confidential and free of charge.

Popular Collections, Services, & Tools

- ✓ Large Type
- ✓ Audiobooks and Playaways (preloaded players)
- ✓ Anything Emporium: binge boxes, memory kits, accessibility kits
- ✓ Book-an-Expert: one-on-one time with a staff member for personalized help

Home Delivery

Get books, CDs, movies, magazines, and kits delivered to your door! Available for patrons who are unable to visit the library due to temporary or permanent health issues. Contact homedelivery@dglibrary.org or 630-960-1200 ext. 4252

Genealogy Services

Find your family history with the library's online genealogical databases, books, magazines, newspapers, microfilm, maps, directories, and more!

Learn more at dglibrary.org/genealogy-services

Highlighted Programs

January 2024

Find more programs and register at dglibrary.org/events

Speculating our AI Future

Thursday, January 11, 7 - 8 p.m.
Virtual Program

Best-selling science fiction writers Cory Doctorow, Ken Liu, and Martha Wells will discuss the promise, perils, and possible impacts that AI will have on our future, plus AI in science fiction writing. Registration required.

Concert: Suenos-Latin Jazz

Sunday, January 14, 2-3 p.m.
Library Meeting Room

Stylistic music encompassing Afro-Cuban, Brazilian, Flamenco, Fusion, and more, led by Steve Hashimoto. Registration required.

Normal Aging vs. Dementia

Wednesday, January 24,
1:30 - 3 p.m.
Library Meeting Room

This program explores the differences in our brains, tips to keep your brain healthy, and steps to take should you need to get professional services involved. Registration required.

Making the Perfect Cup of Tea

Wednesday, January 22,
6:30 - 8 p.m.
Library Meeting Room

Join the owners of the Irie Cup to learn how to make the perfect cup of tea! Discover the wide range of benefits of tea and craft your own blend to take home. Registration required.

JANUARY 2024



DOWNERS GROVE TOWNSHIP SENIOR PROGRAMS

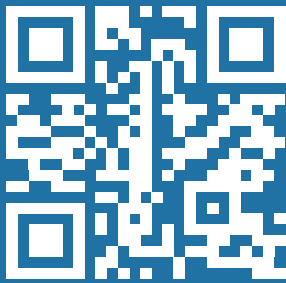
DOWNERS GROVE TOWNSHIP CENTER

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

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	4	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.



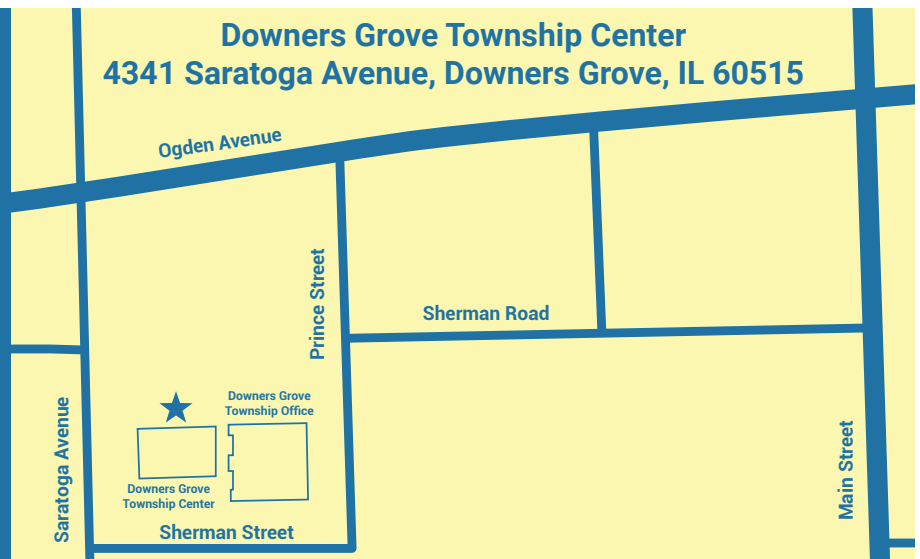
Downers Grove Township Center Drop-In Hours

**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.

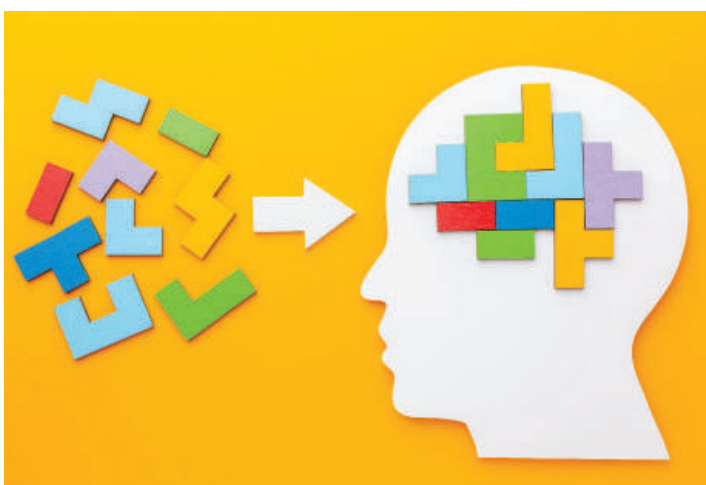
Sponsored by Clemens Enterprises

**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

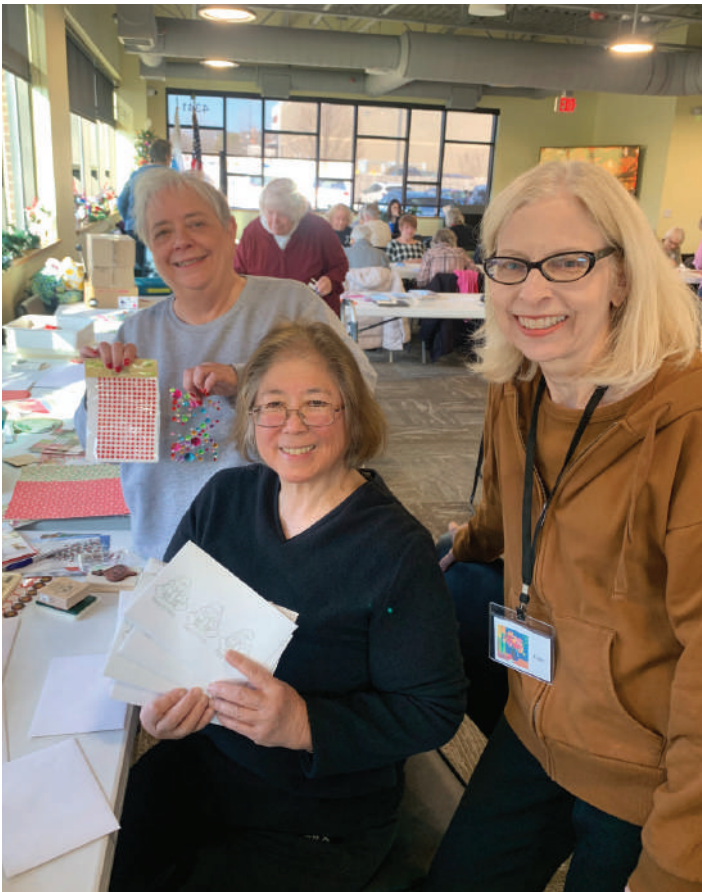


RELAXATION CLASS (MINDFULNESS)

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

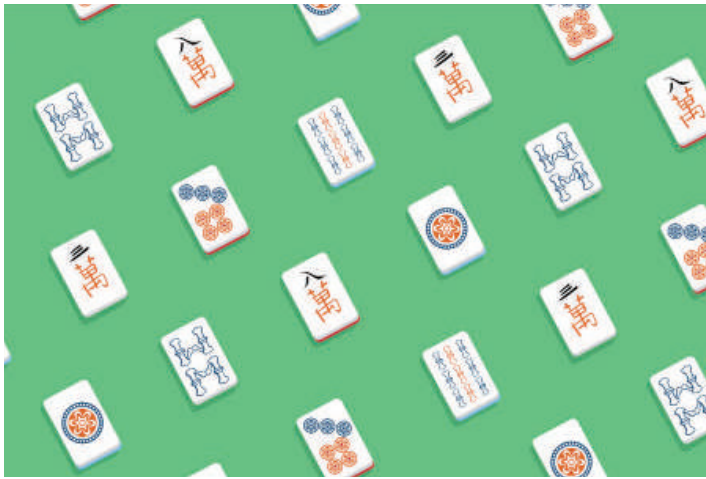


PUZZLE AND BOOK SWAP

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





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

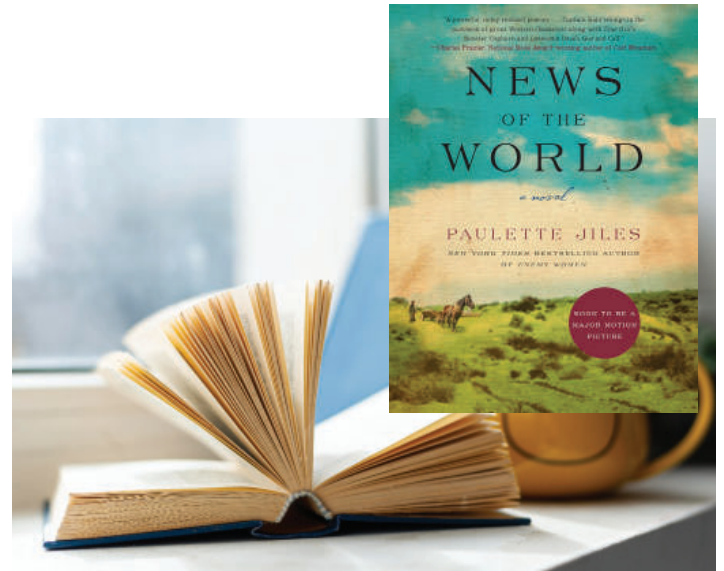


BOOK CLUB

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

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.



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**



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

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**



Friends For Downers Grove Township
SENIORS
"GIVING FROM THE HEART"



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**



AARP SMART DRIVER CLASS

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.

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**

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



DRURY LANE THEATRE OUTING: FIDDLER ON THE ROOF

Wednesday, January 31, 2024

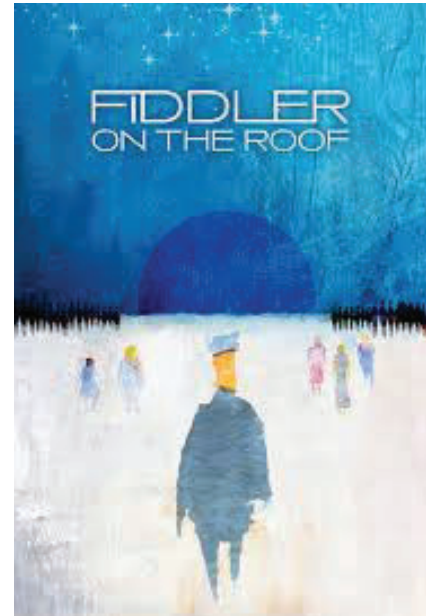
Showtime 1:30 PM

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.



I loved everything about this class. It was great to learn something new.



Thank you for the great presentation! The speaker shared lots of good ideas to help us.



The staff at the senior center is always patient and helpful.



Keep providing these amazing programs! Thank you!





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

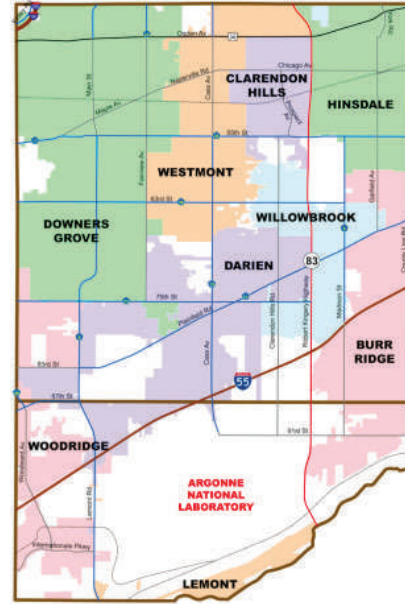
BOARD OF TRUSTEES

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.



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

ACTIVE ADULT NEWSLETTER

*Downers Grove Park District
December 2023-January 2024*



IN THIS NEWSLETTER:

Merry & Bright - 2

Lunch and Learn - 3

Pickleball - 4

Indoor Track - 5

AARP Tax Assistance - 6

HOLIDAY CELEBRATION

Come celebrate the holidays with us at our annual holiday luncheon! We will have a delicious buffet, holiday games, and entertainment. Please register by 11/27.

Location: Lincoln Center

R/NR: \$10/\$15

CLASS #	DATE	DAY	TIME
4700A20-01	12/6	W	12:00-2:00pm

Chicago Christmas Lights & Christkindlmarket



The annual Chicago Christmas Lights is back to brighten up the holidays! Visit the colorful Christkindlmarket at Daley Plaza. Enjoy a late, great lunch at the Grand Lux Café located in the heart of the Magnificent Mile on North Michigan Avenue specially decorated for the holidays. Then enjoy a narrated, guided tour of the breathtaking Christmas Lights, the Magnificent Mile Lights Festival along Michigan Avenue, the Macy's Christmas windows and the Chicago Christmas Tree and Skating Rink at Millennium Park. Pick-up and drop-off location is Sunset Knoll Recreation Center, 820 Finley Rd., Lombard.

R/NR: \$130/\$160



<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
4710M01-01	12/12	TU	12:00-7:15pm

Merry & Bright: A Victorian Christmas



Get in the holiday spirit here at the Downers Grove Museum! We invite you to learn about Victorian Christmas traditions, tour the holiday decorated Victorian Blodgett House and even get a sneak peak of Santa. Stroll the park on a luminary walk, view holiday trees decorated by the community and warm up around a campfire as you listen to Victorian-era carolers.

This event is free and requires no preregistration.

<u>Date</u>	<u>Day</u>	<u>Time</u>
12/9	SA	3:00-6:00pm



Evergreen Centerpieces for sale!



Fresh and locally-sourced evergreen centerpieces are now available to order from Lyman Woods! More information is available in the Fall Guide. Order online at dgparks.org or call 630-963-9388.

Bingo

Let's get together at the Lincoln Center for an afternoon of bingo fun! A small prize and a raffle ticket will be given to the winner of each round which will be entered into a drawing for a grand prize! A light lunch will be provided. Pre-registration is required.

R/NR: \$6/\$9

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
4700A05-04	12/20	W	12:30-2:00pm
1700L09-01	1/17	W	12:30-2:00pm

Lunch and Learn

Join us for a free lunch and presentation at the Lincoln Center! Pre-registration is required. For this Lunch and Learn we will hear from one of our sponsors, Lexington Square, as well as listen to a presentation from the Downers Grove Museum! At this time we do not have a Lunch and Learn planned for January, but stay tuned!

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
4700M05-04	12/18	M	12:00-2:00pm

Thank you to our amazing sponsors!



Jared Brooks, BFA™
Financial Advisor

Adult Pickleball

Join the pickleball craze! Pickleball, a game that combines elements of tennis, badminton and ping pong, is sweeping the country. Pickleball players use paddles and whiffle balls to play on a badminton-sized court with a slightly modified tennis net. Pickleball is a recreational game that is designed to encourage an active lifestyle.

Both lessons and leagues take place at the Recreation Center.

LESSONS

This class is for those who have never played pickleball before or who have very limited experience with the sport. It will focus on pickleball basics, scoring, and the rules of the game through drills and playing time. The slower pace of this class will give players the opportunity to develop the skills needed to play this fun and energetic game. All equipment will be provided.

R/NR: \$84/\$114

BEGINNER:

CLASS #	DATE	DAY	TIME
1396C00-01	1/8-2/12	M	12:00-1:00pm

BEGINNER ADVANCED:

CLASS #	DATE	DAY	TIME
1396C00-03	1/8-2/12	M	1:00-2:00pm



LEAGUE

Join this round-robin pickleball league! Players register individually and will play with a different partner and against a different pair of opponents each week. A total of six weeks will be played, all doubles and self-officiated/scored.

R/NR: \$50/\$80

BEGINNER/RECREATIONAL:

CLASS #	DATE	DAY	TIME
1395C02-01	1/10-2/14	W	12:00-2:00pm

ADVANCED/COMPETITIVE:

CLASS #	DATE	DAY	TIME
1395C02-03	1/10-2/14	W	12:00-2:00pm

OPEN GYM

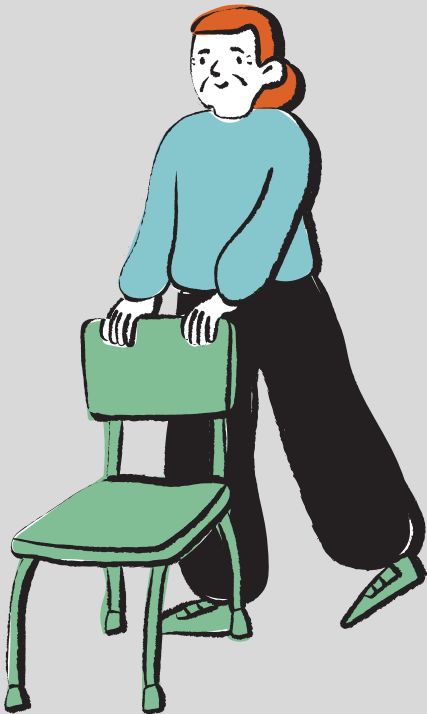
We offer open gyms for basketball, pickleball, badminton, and volleyball at the Recreation Center. Fitness members enjoy free access to any scheduled open gym. Open gym times are limited on a first-come, first-served basis.

Balance & Strength

Train and slow down the aging process at the Recreation Center by focusing on mental health, cardiovascular conditioning, strength training, flexibility, fall prevention and balance. Enjoy practical exercises and approaches for training brains and bodies for individuals age 40+.

FM/R/NR: \$68/\$78/\$108

Class #	Date	Day	Time
1301J05-01	1/8-2/12	M	11:15am-12:00pm
1301J05-02	1/11-2/15	TH	11:15am-12:00pm
1301J05-04	1/11-2/15	TH	12:10-12:55pm



Indoor Track

The Recreation Center indoor track is open to the community and fitness members and is a great way to exercise during the cold months! The track is included in a fitness membership. Non-fitness members may purchase a track pass allowing access to the indoor track only. Track passes expire 1-year from date of purchase. Proof of residency is required. Track passes are non-refundable or transferable.

Resident: \$5

Non-Resident: \$75

Senior (62+) Non-Resident: \$50

SilverSneakers

Let's get movin' and stay warm this winter! Join us at the Lincoln Center every **Tuesday and Thursday morning at 10:00am**. These classes are free to insurance members.



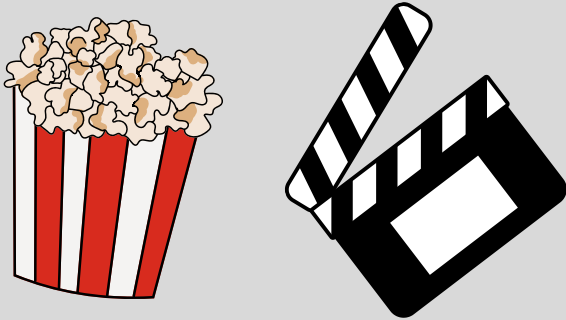
Popcorn Matinee

Join us for a free, relaxing afternoon showing of a feature film and some free popcorn at the Lincoln Center. Pre-registration is required. To register/reserve your spot, please call 630.960.7500.

December Movie: *Meet Me in St. Louis*

January Movie: *Belfast*

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
4700A04-04	12/7	TH	1:00-3:30pm
1700L35-01	1/4	TH	1:00-3:00pm



AARP Tax Assistance

AARP Tax Assistance will once again take place at Lincoln Center in the Winter 2024. Appointments will take place on Tuesdays and Thursdays, Feb. 6 to April 11, 2024, at the Lincoln Center (935 Maple Avenue). Please call 630.960.7500 beginning Jan. 8 at 9:00am to make an appointment.

Information regarding what to bring to your appointment will be available online or in person at Lincoln Center beginning Jan. 8.



Lunch and a Movie

Join us for lunch at Buffalo Wild Wings and an afternoon watching a movie at Cinemark at Seven Bridges in Woodridge. Fee includes transportation and movie ticket. Lunch cost is on your own.

R/NR: \$10/\$15

Drop off and Pick up

Location: Lincoln Center

Class # 1710L03-01

Date 1/30

Day TU

Time 11:00am-4:00pm

The Blodgetts and the Underground Railroad

Take a tour of the newly restored 1846 Blodgett House at The Downers Grove Museum. We will explore the lives of Israel and Avis Blodgett, and their role on the Underground Railroad. Please register everyone attending.

R/NR: \$11/\$16

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
1700G04-01	1/27	SA	1:00-2:00pm

ASL Learn to Sign (Adults)

Interested in learning the basics of American Sign Language? Join us from the comfort and convenience of your living room as you learn to sign in a fun, interactive and lively environment. Taught live on the Zoom platform by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class.

R/NR: \$100/\$130

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
4270A18-03	12/6-1/10	W	7:00-8:00pm



Showcase Your Creativity!

Downers Grove Park District invites artists of all ages and abilities to display their artwork on the Community Art Wall located at the Lincoln Center. This monthly display is available on a first-come, first served basis. If interested in participating, please complete the interest form online at dgparks.org.



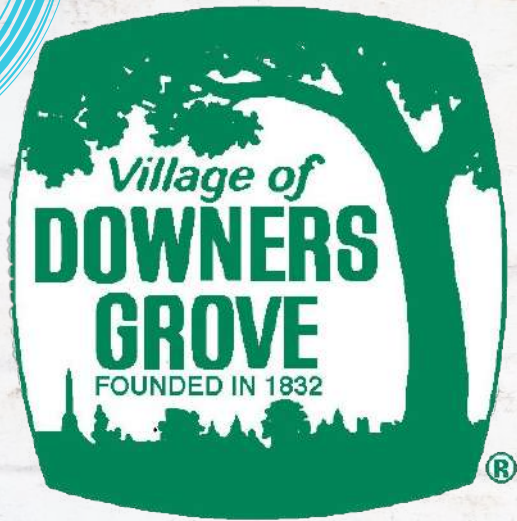
Due to shifting interest, some card groups will be changing starting in the Fall. Come on Tuesdays for Various Games and choose from an assortment of options! All card groups are free and players are welcome to attend multiple groups each week. Instructors are not provided. Card groups will not meet the week of Thanksgiving or on December 1.

<u>Group</u>	<u>Class #</u>	<u>Dates</u>	<u>Day</u>	<u>Time</u>
Puzzle Time	4700L34-01	9/11-12/18	M	10:00am-1:00pm
Dominoes	4700L22-01	9/11-12/18	M	12:00-3:00pm
NEW! Various Games	4700L24-01	9/5-12/12	TU	11:00am-4:00pm
Chess	4700L32-01	9/6-12/13	W	1:00-4:00pm
Thursday Poker	4700L28-01	9/7-12/14	TH	10:00am-2:00pm
Bunco	4700L31-01	9/7-12/14	TH	1:00-4:00pm
Friday Poker	4700L29-01	9/8-12/15	F	10:00am-2:00pm
Duplicate Bridge	4700L30-01	9/8-12/15	F	9:00am-12:00pm
Canasta (1st and 3rd Friday)	4700L23-01	9/1-12/15	F	1:00-3:30pm



Registration staff is available to assist you by phone Monday - Friday, 9:00 am - 4:00 pm at **630-960-7500**

or visit dgparks.org



VILLAGE OF DOWNERS GROVE



The Village of Downers Grove Social Service Referrals connects people in need of social services with agencies that provide them. Our Social Worker is here to assist you with personal referrals to specific social service providers.

The Village employs a full time Social Worker with a thorough understanding of the resources available to those in need. Your requests, inquiries, and referrals will be kept confidential.

Heather Lippe has a masters in Social Work and a Bachelor of Arts in Psychology. She can be reached using the methods below.

630-434-6894 - Hlippe@Downers.us

SOCIAL SERVICES REFERRAL PROGRAM

WE CAN REFER YOU WITH PROVIDERS THAT ASSIST WITH:

- Addictions
- Counseling and Mental Health
- Crime and Abuse
- General Assistance
- Housing and Shelter
- Medical
- Medications
- Recreation & Socialization
- Senior Services
- Transportation
- Veteran Services
- Many others



REACH OUT WHEN YOU NEED A HAND

The Village of Downers Grove Social Services Referral Program connects people in need of social services with the agencies that provide them.