

# Community-Focused Senior-Driven



# THE CONNECTION

## Downers Grove Events Itinerary

## April & May Event Highlights

### Downers Grove Public Library

#### GENEALOGY SERVICES

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

### Downers Grove Park District

#### CARD GROUPS

All returning and new players are welcome to attend the game/card group of their choice or multiple groups each week. No previous experience necessary. All games/activities are self-led, but supplies are provided.

### 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

DSCC's first dance party of 2024 took place on March 21st.

Over 850 seniors gathered to enjoy food, friends, and dancing at Abbington Banquets in Glen Ellyn.

Dance Parties run from March-September in DuPage and Kane Counties



*Pictured: DSCC Dance Party Attendees*

## GET INVOLVED

As the weather improves, join local senior groups in the area to make new friends and explore more of your community.



## 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



# Contents

## 03 Service Area

Map of Downers Grove Township Service Area

## 04 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.

## 11 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.

## 13 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!

## 15 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!

## 23 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.

## Our Partners

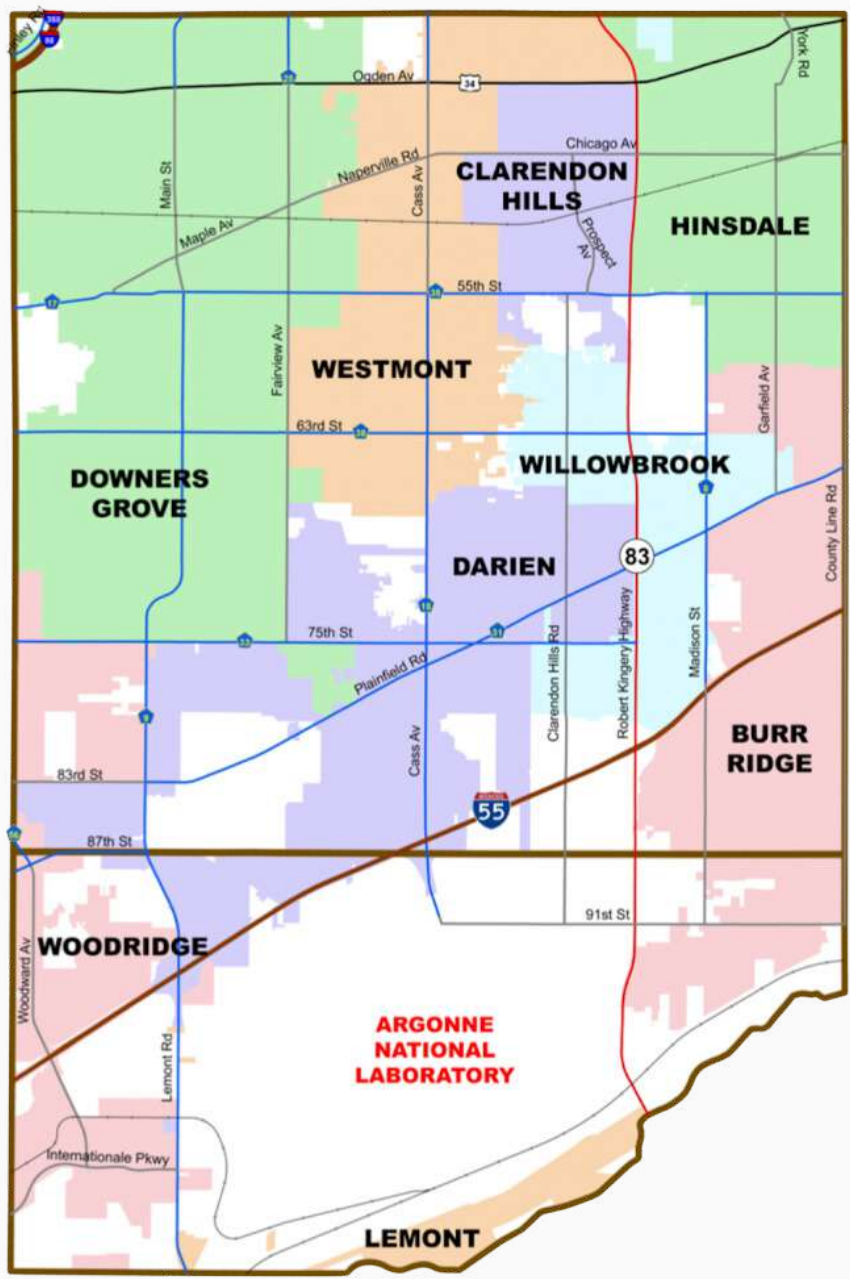


# Downers Grove Township Boundaries

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.



COMMUNITY DINING EVENT

# JOIN US

April 16, 2024 - 11-12pm



## JOIN US

Join us for a special Senior Community Dining Event.

The event is **FREE** but space is limited.

Suggested Donation of \$5

## RSVP TODAY

Call **(224) 580-1330** to RSVP by Thursday **April 11.**

## What To Expect



### Great Food

Enjoy **Sirloin Beef Tips Ragout** for lunch



### Entertainment

Great entertainment by local recording artist, **Peter Oprisko**



### Downers Grove Township Senior Center

4341 Saratoga Avenue  
Downers Grove, IL 60515



Kane Senior Council



Thursday

**April 18, 2024**

**Reservations Must Be Made By April 12<sup>th</sup> by 5:00 P.M.**

**630-812-6750**

Press 2 - Dance Party Reservations

*Or*

<https://www.kaneseniorcouncil.org/senior-dance-parties/>

**Lincoln Inn Banquets**

**1345 S. Batavia Ave, Batavia, IL 60510-3001**

• 4:00 to 8:00 p.m. • **Limited Seating** • Doors Open 3:30 p.m. • Food Served 5:00 - 6:00 p.m.

Over 60: Suggested Donation \$5.<sup>00</sup> • Under 60: \$7.<sup>00</sup> • Cash or Checks



TheDuPage and Kane Senior Council are funded in part through a grant from the Northeastern Illinois Area Agency on Aging under Title IIIIC of the Older Americans Act, as administered through the U.S. Administration on Aging and the Illinois Department on Aging.

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](http://www.DuPageSeniorCouncil.org)

630-620-0804

1990 Springer Drive, Lombard, IL 60148





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meatball Sub / Marinara Potatoes Italiano Italian Green Beans Wheat French Roll Whole Orange <b>1</b>	Salisbury Steak Mashed Potatoes Cabbage & Carrots Multi Grain Bread Mixed Fruit Oatmeal Raisin Cookie (*) <b>2</b>	<b>COLD MEAL</b> Roasted Turkey & Cheddar Lettuce & Tomato Pea Salad Wheat Kaiser Pineapple Tidbits <b>3</b>	Lemon Basil Chicken Garden Veggies Corn & Black Bean Multi Grain Dinner Roll Apple Sauce <b>4</b>	Veal Parmesan Penne Pasta/Marinara Broccoli Wheat Vienna Bread Fresh Melon <b>5</b>
Chicken Ala Orange Rice Pilaf & Veggies Northern Beans Bran Muffin Bread Chilled Peaches <b>8</b>	Beef French Dip w/Mushrooms & Onions Oven Fries Corn Wheat French Roll <b>9</b> Whole Apple	Lasagna w / Meat Sauce Squash Medley Italian Green Beans Whole Wheat Bread Chilled Pears <b>10</b>	<b>COLD MEAL</b> Surimi Crab Salad Mixed Salad Greens/Tomato Dilled Cucumbers Apple Cinnamon Muffin (*) Fruit Cup <b>11</b>	Hot Dog Baked Potato Casserole Peas & Carrots Wheat Hot Dog Bun Banana <b>12</b>
BBQ Riblet Sweet Potato Mashed Chef's Veggies Sliced Wheat Bun Strawberry Yogurt (*) <b>15</b>	Hamburger Bean Casserole Mixed Veggies Wheat Bun Fruit Sunburst (*) <b>16</b>	<b>COLD MEAL</b> BLT Chicken Salad Mixed Salad Greens/Tomato Tri Bean Salad Corn Bread Mandarin Oranges <b>17</b>	Spaghetti & Meatballs Marinara Sauce Capri Blend Veggies Wheat Vienna Bread Chilled Pears <b>18</b>	Herb Baked Chicken Mashed Potatoes Green Bean Casserole Bran Muffin Bread Whole Apple <b>19</b>
Baked Meatloaf Mashed Potatoes Stewed Tomatoes Whole Wheat Bread Whole Orange <b>22</b>	Eggs / Biscuit & Gravy (Turkey Sausage) Diced Hash Browns Apple Cobbler Juice <b>23</b> Banana	Slow Roasted Beef Au Gratin Potatoes Carrots & Chives Multi Grain Dinner Roll Mixed Fruit <b>24</b>	Asian Glazed Chicken Citrus Brown Rice Broccoli Multi Grain Bread Mandarin Orange Jello Fortune Cookie <b>25</b>	<b>COLD MEAL</b> Turkey Pasta Salad Lettuce & Tomato Tri Bean Salad Whole Wheat Bread Pineapple Tidbits <b>26</b>
Pork Prime Rib Baked Potato Parslied Cauliflower Rye Bread Mixed Fruit <b>29</b>	Italian Sausage / Marinara Scalloped Potatoes Brussels Sprouts Wheat Sausage Bun Fresh Melon <b>30</b>			All Meals Include a Beverage (* ) Substitutions for <b>Diabetic</b>

MENU ITEMS SUBJECT TO CHANGE WITHOUT NOTICE

~PLEASE CALL (630) 812-6750, BEFORE 9:00 AM, IF YOU NEED TO CANCEL YOUR DELIVERY~



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Potato Curry Tadka Dal White Rice Paratha Yogurt Fruit <b>1</b>	Paneer Makhani Dal Makhani Jeera Rice Rotis Yogurt Fruit <b>2</b>	Mixed Vegetable Moong White Rice Rotis Yogurt Fruit <b>3</b>	Spinach Corn Raima (Kidney Bean) Yellow Rice Naan Yogurt Fruit <b>4</b>	Navratan Kurrma Corn Tikki Biryani Paratha Yogurt Fruit <b>5</b>
Green Beans Curry Yellow Moongdal White Rice Rotis Yogurt Fruit <b>8</b>	Mutter Paneer Tadka Dal Jeera Rice Paratha Yogurt Fruit <b>9</b>	Bhindi Masala Moong Yellow Rice Pooories Yogurt Fruit <b>10</b>	Chole Rajma White Rice Gobi Paratha Yogurt Fruit <b>11</b>	Baingan Bharta Punchranga Dal White Rice Rotis Yogurt Fruit <b>12</b>
Fried Rice Manchurian Soup Spring Rolls Raita Fruit <b>15</b>	Aloo Methi Dal Makhani Paratha Jeera Rice Yogurt Fruit <b>16</b>	Bagara Baignan Dal Palak Roti Rice Yogurt Fruit <b>17</b>	Paneer Lebadedar Yellow Moongdal Jeera Rice Paratha Yogurt Fruit <b>18</b>	Potato with Gravy Tadka Dal Tamarind Rice Methi Paratha Yogurt Fruit <b>19</b>
Aloo Gobi Pakora Kadhi Rice Rotis Yogurt Fruit <b>22</b>	Kadhai Paneer Tadka Dal Jeera Rice Naan Yogurt Fruit <b>23</b>	Samosa Ragda Muthiya Pav Yogurt Fruit <b>24</b>	Undhiyu Moong Rice Rotis Yogurt Fruit <b>25</b>	Methi Mutter Malai Baked Potato Yellow Rice Paratha Yogurt Fruit <b>26</b>
Potato Curry Tadka Dal White Rice Paratha Yogurt Fruit <b>29</b>	Paneer Makhani Dal Makhani Jeera Rice Rotis Yogurt Fruit <b>30</b>			

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All Meals Include a Beverage</p> <p>(*) Substitutions for <b>Diabetic</b></p>		<p>BBQ Pulled Chicken Cheesy Mashed Potatoes Broccoli Wheat Sandwich Bun Chilled Pears</p> <p style="text-align: right;"><b>1</b></p>	<p><b>COLD MEAL</b> Dilled Tuna Salad Sandwich Lettuce &amp; Tomato Garbanzo &amp; Kidney Beans Wheat Kaiser Bun Fruit Cup</p> <p style="text-align: right;"><b>2</b></p>	<p>Chicken Marbella Rice Florentine Country Blend Veggie Whole Wheat Bread Whole Orange</p> <p style="text-align: right;"><b>3</b></p>
<p>Kielbasa Dilled Potatoes Bean Casserole Rye Bread Fruit Cup</p> <p style="text-align: right;"><b>6</b></p>	<p><b>COLD MEAL</b> Chicken Pasta Salad Mixed Salad Greens Herbed Tomato Wedges Multi Grain Bread Pineapple Tidbits</p> <p style="text-align: right;"><b>7</b></p>	<p>Souffle Lorraine (Bacon) Potato O'Brien Blueberry Muffin Bread Fruit Cup Fresh Orange</p> <p style="text-align: right;"><b>8</b></p>	<p>Baked Meatloaf Mashed Potatoes Carrots &amp; Chives Whole Wheat Bread Chilled Peaches</p> <p style="text-align: right;"><b>9</b></p>	<p>Potato Crusted Fish Au Gratin Potatoes Peas Whole Wheat Bread Applesauce</p> <p style="text-align: right;"><b>10</b></p>
<p>Meatball Sub / Marinara Potatoes Italiano Italian Green Beans Wheat French Roll Whole Orange</p> <p style="text-align: right;"><b>13</b></p>	<p>Salisbury Steak Mashed Potatoes Cabbage &amp; Carrots Multi Grain Bread Mixed Fruit Oatmeal Raisin Cookie (*)</p> <p style="text-align: right;"><b>14</b></p>	<p><b>COLD MEAL</b> Roasted Turkey &amp; Cheddar Lettuce &amp; Tomato Pea Salad Wheat Kaiser Pineapple Tidbits</p> <p style="text-align: right;"><b>15</b></p>	<p>Lemon Basil Chicken Garden Veggies Corn &amp; Black Bean Multi Grain Dinner Roll Apple Sauce</p> <p style="text-align: right;"><b>16</b></p>	<p>Veal Parmesan Penne Pasta/Marinara Broccoli Wheat Vienna Bread Fresh Melon</p> <p style="text-align: right;"><b>17</b></p>
<p>Chicken Ala Orange Rice Pilaf &amp; Veggies Northern Beans Bran Muffin Bread Chilled Peaches</p> <p style="text-align: right;"><b>20</b></p>	<p>Beef French Dip w/Mushrooms &amp; Onions Oven Fries Corn Wheat French Roll Whole Apple</p> <p style="text-align: right;"><b>21</b></p>	<p>Lasagna w / Meat Sauce Squash Medley Italian Green Beans Whole Wheat Bread Chilled Pears</p> <p style="text-align: right;"><b>22</b></p>	<p><b>COLD MEAL</b> Surimi Crab Salad Mixed Salad Greens/Tomato Dilled Cucumbers Apple Cinnamon Muffin (*) Fruit Cup</p> <p style="text-align: right;"><b>23</b></p>	<p>Hot Dog Baked Potato Casserole Peas &amp; Carrots Wheat Hot Dog Bun Banana</p> <p style="text-align: right;"><b>24</b></p>
<p><b>ALL LOCATIONS CLOSE IN OBSERVANCE OF MEMORIAL DAY</b></p> <p style="text-align: right;"><b>27</b></p>	<p>Hamburger Bean Casserole Mixed Veggies Wheat Bun Fruit Sunburst (*)</p> <p style="text-align: right;"><b>28</b></p>	<p><b>COLD MEAL</b> BLT Chicken Salad Mixed Salad Greens/Tomato Tri Bean Salad Corn Bread Mandarin Oranges</p> <p style="text-align: right;"><b>29</b></p>	<p>Spaghetti &amp; Meatballs Marinara Sauce Capri Blend Veggies Wheat Vienna Bread Chilled Pears</p> <p style="text-align: right;"><b>30</b></p>	<p>Herb Baked Chicken Mashed Potatoes Green Bean Casserole Bran Muffin Bread Whole Apple</p> <p style="text-align: right;"><b>31</b></p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Mixed Vegetable Moong White Rice Rotis Yogurt Fruit <b>1</b>	Spinach Corn Raima (Kidney Bean) Yellow Rice Naan Yogurt Fruit <b>2</b>	Navratan Kurrma Corn Tikki Biryani Paratha Yogurt Fruit <b>3</b>
Green Beans Curry Yellow Moongdal White Rice Rotis Yogurt Fruit <b>6</b>	Mutter Paneer Tadka Dal Jeera Rice Paratha Yogurt Fruit <b>7</b>	Bhindi Masala Moong Yellow Rice Pooories Yogurt Fruit <b>8</b>	Chole Rajma White Rice Gobi Paratha Yogurt Fruit <b>9</b>	Baingan Bharta Punchranga Dal White Rice Rotis Yogurt Fruit <b>10</b>
Fried Rice Manchurian Soup Spring Rolls Raita Fruit <b>13</b>	Aloo Methi Dal Makhani Paratha Jeera Rice Yogurt Fruit <b>14</b>	Bagara Baignan Dal Palak Roti Rice Yogurt Fruit <b>15</b>	Paneer Lebadedar Yellow Moongdal Jeera Rice Paratha Yogurt Fruit <b>16</b>	Potato with Gravy Tadka Dal Tamarind Rice Methi Paratha Yogurt Fruit <b>17</b>
Aloo Gobi Pakora Kadhi Rice Rotis Yogurt Fruit <b>20</b>	Kadhai Paneer Tadka Dal Jeera Rice Naan Yogurt Fruit <b>21</b>	Samosa Ragda Muthiya Pav Yogurt Fruit <b>22</b>	Undhiyu Moong Rice Rotis Yogurt Fruit <b>23</b>	Methi Mutter Malai Baked Potato Yellow Rice Paratha Yogurt Fruit <b>24</b>
<b>ALL LOCATIONS CLOSED IN OBSERVANCE OF MEMORIAL DAY</b> <b>27</b>	Paneer Makhani Dal Makhani Jeera Rice Rotis Yogurt Fruit <b>28</b>	Mixed Vegetable Moong White Rice Rotis Yogurt Fruit <b>29</b>	Spinach Corn Raima (Kidney Bean) Yellow Rice Naan Yogurt Fruit <b>30</b>	Navratan Kurrma Corn Tikki Biryani Paratha Yogurt Fruit <b>31</b>

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# Services for Older Adults

## 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](mailto: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](http://dglibrary.org/genealogy-services)

# Highlighted Programs

April & May 2024

Find more programs and register at [dglibrary.org/events](https://dglibrary.org/events)

## Genealogy: Researching Your Family's Veterans

Saturday, April 6, 10 a.m.  
Library Meeting Room

Focusing on WWI and WWII, this special two-hour seminar will help you research your military family member and help write their story.  
Registration required.

## Great Decisions: NATO's Future

Tuesday, April 9, 10:30 a.m.  
Library Meeting Room

Foreign policy issues are discussed. Check out our display on the second floor for recommended books and articles before the discussion date.  
Registration required.

## History of Yellowstone National Park

Wednesday, April 24, 1 p.m.  
Virtual Program

Celebrate National Park Week as you learn the history and inception of the first national Park from a Yellowstone National Park Ranger.  
Registration required.

## Crafts for Older Adults: Embroidered Sun Hat

Wednesday, May 1, 10 a.m.  
Meeting Room

Join us the first Wednesday of every month for a craft just for adults 55 and up! We'll be embroidering a sun hat for the nicer weather.  
All supplies are provided.  
Registration required.

Downers Grove Township Center  
4341 Saratoga  
Downers Grove, IL 60515

## Senior Programs April 2024

Register at 630-719-6670 or  
[www.myactivecenter.com](http://www.myactivecenter.com)



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

To learn more visit: [www.dgtownship.com/senior-services/](http://www.dgtownship.com/senior-services/)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Salisbury Steak Mashed Potatoes Cabbage & Carrots Multi Grain Bread Mixed Fruit Oatmeal Raisin Cookie (*)	<b>COLD MEAL</b> Roasted Turkey & Cheddar Lettuce & Tomato Pea Salad Wheat Kaiser Pineapple Tidbits		<b>Downers Grove Township Center</b> <b>4341 Saratoga Ave</b> <b>Downers Grove, IL</b>
1	2	3	4	5
	Beef French Dip w/Mushrooms & Onions Oven Fries Corn Wheat French Roll Whole Apple	Lasagna w / Meat Sauce Squash Medley Italian Green Beans Whole Wheat Bread Chilled Pears		
8	9	10	11	12
	Hamburger Bean Casserole Mixed Veggies Wheat Bun Fruit Sunburst (*)	<b>COLD MEAL</b> BLT Chicken Salad Mixed Salad Greens/Tomato Tri Bean Salad Corn Bread Mandarin Oranges		
15	16	17	18	19
	Eggs / Biscuit & Gravy (Turkey Sausage) Diced Hash Browns Apple Cobbler Juice Banana	Slow Roasted Beef Au Gratin Potatoes Carrots & Chives Multi Grain Dinner Roll Mixed Fruit		
22	23	24	25	26
	Italian Sausage / Marinara Scalloped Potatoes Brussels Sprouts Wheat Sausage Bun Fresh Melon			All Meals Include a Beverage (*) Substitutions for <b>Diabetic</b>
29	30			

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

Downers Grove Park District

# Active Adults Newsletter

April-May  
2024

## Upcoming Events

Popcorn Matinee – 4/4

Lunch and a Movie –  
4/11

Choosing a Medicare  
Supplement Plan – 4/12

Rules of the Road –  
4/16

Bingo – 4/17

Popcorn Matinee – 5/2

Country in the Park –  
5/4

Bingo – 5/15

The Legend of Starved  
Rock – 5/21

## Lunch and Learn

Join us for a free educational presentation and lunch at the Lincoln Center! Topics will be announced closer to each date. Please make sure to preregister for each program. Thank you to Advocate Health and Lacey Creek Supportive Living for sponsoring these events!

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
2700L00-01	4/8	M	12:00-2:00pm
2700L00-02	5/13	M	12:00-2:00pm

 Advocate Health Care

Now part of  ADVOCATEHEALTH

  
Lacey Creek  
— Supportive Living —

# Trips

## The Legend of Starved Rock

Travel through the Illinois River Valley to visit Starved Rock State Park. Visit the Illinois Waterway Visitor Center to see the Starved Rock Lock & Dam and exhibits on the construction and operation of the Illinois Waterway. At Starved Rock State Park, we board the Starved Rock Trolley for a narrated, guided tour of the park. Learn the legend of Starved Rock and the Native American Indians who fought and died atop it. Enjoy lunch at historic Starved Rock Lodge. The historic Lodge, built in the 1930s, features log walls and a two-sided stone fireplace and overlooks the state park. There will also be free time to visit the gift shop and Starved Rock Park Visitor's Center, home to a 400-gallon aquarium housing fish indigenous to the Illinois River.

Pick Up and Drop Off Location: Sunset Knoll Recreation Center 820 Finley Rd, Lombard, IL 60148

Fee: R/NR \$110/\$140

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
2710L02-01	5/21	TU	8:30am-3:45pm

## 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. Don't like Buffalo Wild Wings? We'll be right by Jam N' Jelly and would be happy to drop off/pick up there as well. Fee includes transportation from and to the Lincoln Center and a movie ticket. Lunch cost is on your own.

Fee: R/NR \$10/\$15

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
2710L01-01	4/11	TH	11:00am-4:00pm



# Medicare Series



## Choosing a Medicare Supplement Plan

This education program will review the gaps in coverage in Medicare A & B, as well as the benefits of Medicare Supplement plans (also called Medigap plans). We will identify the “gaps” in coverage representing what the patient must pay after Medicare pays. Additionally, we will talk about how you can save money by understanding the difference in benefits between plans A to N in choosing the right Medicare Supplement plan for you. This is a great opportunity to ask questions that you may have regarding Medicare.

Location: Lincoln Center  
Fee: Free!

Class # 2700L03-01  
Date 4/12  
Day F  
Time 1:00-2:00pm

## Go On Medicare or Stay On My Group Health Plan?

Are you intimidated by health insurance? Would you like to understand the basics, to make it easier to understand your choices? Turning 65 or thinking of retiring? Health insurance education provides knowledge and peace of mind in choosing the right health plan. Learn how to compare your Group Health Plan with Medicare by understanding how these plans differ and explore cost savings opportunities.

Location: Lincoln Center  
Fee: Free!

Class # 2700L04-01  
Date 5/10  
Day F  
Time 1:00-2:00pm

# New (or Improved) Skills

## Adult CPR & AED Training

This course covers both adult and pediatric CPR and AED along with rescue techniques for conscious and unconscious choking victims. The course also covers the use of the AED. American Red Cross certification is valid for two years.  
Fee: R/NR \$77/\$107

Class # 2700L05-01

Date 4/25

Day TH

Time 6:00-9:00pm

## Rules of the Road

The Rules of the Road Review Course gives drivers – especially senior citizens and persons with disabilities – the knowledge and confidence needed to renew or obtain a driver's license. The review course combines an explanation of the driving exam with a practice written exam.

Fee: FREE!

Class # 2700L02-01

Date 4/16

Day TU

Time 1:30-3:30pm



## Pickleball at Adventure Falls

Join the pickleball craze! Pickleball, a game that combines elements of tennis, badminton and ping pong, is sweeping the country. New at McCollum Park are 8 dedicated pickleball courts, open daily from 7:30am-10pm. Visitors may bring chairs into the courts for waiting and viewing as well as portable pickleball nets for use on the center courts. Visit [dgparks.org](http://dgparks.org) for more information or see the seasonal guide.

# Just for Fun

## Bingo

Let's get together for an afternoon of Bingo fun! Winners of each round will receive a small prize and a raffle ticket which will be entered into a drawing for the grand prize. Refreshments and coffee will be provided. Pre-registration is required.

Fee: R/NR \$6/\$9

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
2700L09-01	4/17	W	12:30-2:00pm
2700L09-02	5/15	W	12:30-2:00pm

## Popcorn Matinee

Join us for a free, relaxing afternoon showing of a feature film and some free popcorn. Pre-registration is required.

Fee: FREE!

April Movie: What About Bob?

May Movie: Florence Foster Jenkins

<u>Class #</u>	<u>Date</u>	<u>Day</u>	<u>Time</u>
2700L35-01	4/4	TH	1:00-3:00pm
2700L35-02	5/2	TH	1:00-3:00pm

## Card Groups

All returning and new players are welcome to attend the game/card group of their choice or multiple groups each week. Please refer to the full group schedule in the Winter/Spring 2024 Recreation Guide or online. No previous experience necessary. All games/activities are self-led, but supplies are provided.

<u>Group</u>	<u>Day</u>	<u>Time</u>
Puzzle Time	M	10:00am-1:00pm
Dominoes	M	12:00-3:00pm
Various Games	TU	11:00am-4:00pm
Chess	W	1:00-4:00pm
Thursday Poker	TH	10:00am-2:00pm
Bunco	TH	1:00-4:00pm
Friday Poker	F	10:00am-2:00pm
Duplicate Bridge	F	9:00am-12:00pm
Canasta	F	1:00-3:30pm

# At the Museum

## Mother's Day Par-Tea

Join us at the museum to celebrate Mother's Day for an afternoon of togetherness as you sip tea and enjoy a sweet treat and more! Mothers and Daughters of all ages welcome! Price is per daughter for her and one accompanied "mother."

Fee: R/NR \$30/\$45

Class # 2700G03-01

Date 5/11

Day SA

Time 1:00-2:30pm



## Sears Home Bus Tour - NEW!

In the early 20th century, numerous Downers Grove residents purchased homes straight out of mail-order catalogs! Join the Museum Staff on a leisurely 75 min narrated bus tour of Sears and other catalog homes that are still standing in Downers Grove. All participants must be registered as bus space is limited.

Fee: \$22/\$33

Class # 2700G06-01

Date 4/13

Day SA

Time 1:00-2:15pm



## Country in the Park

Spend a spring day at Country in the Park— part of the annual Downers Grove Founders Day celebration sponsored by The Grove Foundation. Families will visit with farm animals, play 1850's pioneer-era games and more! No preregistration required. This is a free event!

Date   Day   Time

5/4   SA   12:00-3:00pm

# Our Awesome Community Partners



## Downers Grove Township

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. Check out <https://www.dgtownship.com/senior-services/> or call 630-719-6670 for more information about everything the Township offers!



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



## THE COMMUNITY HOUSE

Whether you enjoy fitness, theater, music or simply getting together with friends, the Active Adults program at The Community House (415 W. Eighth Street, Hinsdale, IL, 60521) has something for everyone.

For more information and a current listing of day trips and special events or to become a member, call Jillian Spizzirri at 630-323-7500 Ext. 253. Below is just one of the many amazing programs and trips The Community House offers!

### Senior Resource Fair

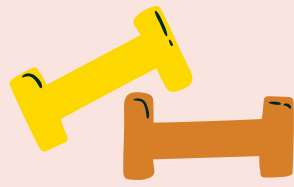
Join us for an open house Senior Focused Resource Fair with a Breakfast Bar and refreshments. Walk-ins are welcome for the Resource Fair! Several local resources of all kinds will be available for information or assistance to seniors and those helping seniors! Information, such as home care, retirement, banking, health & fitness, as well as leaders in enrichment, social activities, and clubs seniors can attend. **No registration required.**

Code	Day	Date	Time
ENR-SNR-1011-6	Tu	4/16	9:00 AM-12:00 PM
<b>Location:</b>	The Community House		
<b>Fee:</b>	Free		

Thank you to our amazing sponsors!



## SilverSneakers



SilverSneakers fitness class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support. This program is free to SilverSneakers members, and punch passes are available to purchase at the Downers Grove Recreation Center.

Days: Tuesdays & Thursdays

Time: 10:00am

Location: Lincoln Center

LINCOLN CENTER  
935 Maple Ave.  
Downers Grove

DOWNERS GROVE  
MUSEUM  
831 Maple Ave.  
Downers Grove

DOWNERS GROVE  
RECREATION  
CENTER & 4500  
FITNESS  
4500 Belmont Rd.  
Downers Grove

LYMAN WOODS  
NATURE CENTER &  
PRESERVE  
901 31st St.  
Downers Grove



your chance to play

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](http://dgparks.org)

# SHREDDING EVENT FOR PERSONAL DOCUMENTS

**Saturday, May 11, 2024**

**8:00 a.m. to 12:00 p.m.**

**Downers Grove Village Hall, 801 Burlington Ave**

**(parking lot located at the rear of the building off Curtiss St.)**

**Reduce the risk of identity theft by shredding the personal documents you want to discard.**

The following limits apply to the amount of paperwork allowed for each vehicle:

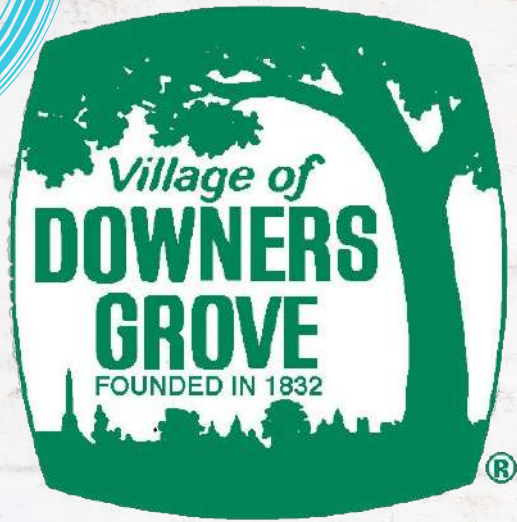
**TWO brown paper grocery bags OR**

**ONE banker's box filled with personal paperwork**

**Remember to place your bags or box in the trunk or cargo area of your vehicle so they can be easily removed by our helpful staff.**

**This free service is brought to you by The Village of Downers Grove and The Downers Grove Township, in partnership with Accurate Document Destruction.**





# 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](mailto: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.