

SeniorNewsletter

JULY AND AUGUST 2021

FOUR WINDS CASINO

Tuesday, September 14 Check-In: 8:00am | Depart: 8:30am | Return: 6:00pm Cost: \$45

Feeling lucky? Join us on a day trip to Four Winds Casino in New Buffalo Michigan on September 14! The bus will leave Schaumburg Township at 8 am for a day of fun! Transportation, \$15 in slot money, and \$10 towards lunch is included in the \$45 registration fee. We will return to the Township by 6:00pm. Masks will be required while on the bus. Registration is limited to the first 25 people. *Register by August 18*.





KINKY BOOTS

Wednesday, September 15 Check-In: 10am | Depart: 10:30am | Return: 4:15pm Cost: \$65

Live theater is BACK! Having inherited a shoe factory from his father, Charlie forms an unlikely partnership with cabaret performer and drag queen Lola to produce a line of highheeled boots and save the business. In the process, Charlie and Lola discover they are not so different after all. This Broadway musical is based on a book by Harvey Fierstein, with music and lyrics by Cyndi Lauper. Registration is limited to the first 26 people and includes admission, lunch and transportation. *Last day to register is August 11*. Masks are required on the bus.

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www.schaumburgtownship.org

PROGRAM INFORMATION

JAPANESE GARDENS

Tuesday, August 24 Check-In: 8am | Depart: 8:30am | Return: 5:00pm Cost: \$30

Visit these beautiful gardens in Rockford that inspires the mind and energizes the soul. Cost includes admission, transportation, and lunch. *This trip includes approximately 1.5 miles of walking*. Registration limited to the first 25. Masks will be required on the bus. *Register by August 12*.



Photo: Andersongardens.org

OUTDOOR MUSIC NIGHT

Thursday, August 19 6:00–8:00pm Cost: FREE

Grab your lawn chair, best friend, and a cold beverage and join us for a night of outdoor music. Denise Armour will sing the night away while you get up and dance! Registration required.

BURIED IN TREASURE VIRTUAL WORKSHOP

Mondays, Beginning July 26 2:30 - 4:30pm Cost: \$19

Learn how to control your acquiring and decide what items to save. Understand how to organize your items and create a living space you can use effectively.

This 16-week, facilitator lead workshop will run through November 2021. Cost covers the price of the workbook. Space is limited. Please call Sharon in Senior Services at 847-285-4541 for more information if interested.



LIVE BINGO Thursdays 1–2:30pm Cost: \$1 per card OR \$5 for 6 cards

Live Bingo has returned to the Township! Capacity will be limited to 60 and masks will be required. Registration is required for each week and participants will be selected via a lottery. Selected participants will be notified by phone. Transportation will be available if needed. See Registration pages 7 & 8 for deadlines to register to be included in the lottery.

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PROGRAM INFORMATION

FOOD

Breakfast w/Kim & Caryn Richard Walker Bros. July 27 | 8am

Checkers August 31 | 8am Start your day having a meal with friends. Separate checks available.

TRAVEL

Toronto July 6 | 10am

Historic Rome July 7, 28, & August 4| 10am

Denmark July 12 |10 am

Historic Sintra, Portugal August 9 | 10am

Buenos Aires August 13 | 10am

East London August 16 | 10am

Bilbao City & the Guggenheim *August 23* | 10am

Munich August 30 | 10am

CREATIVE ARTS & ENTERTAINMENT

Creative Writing July 20, 27; August 3, 10, 17, 24 | 10am IN-PERSON Join us for a 6-week creative writing

workshop. All skill levels welcome.

Movie: A Rainy Day in New York August 11 | 1 pm **/**\$2 Rated: PG-13 A young couple arrives in New York for a romantic weekend where they are met with bad weather and a series of adventures. Cooking with Kristyn July 19, 26, August 2 | 10am Join Kristyn to learn some of her favorite Mediterranean, BBQ, and summer salad recipes in this 3 week series.



MUSEUMS

Art Talk from North Carolina Museum of Art July 21 |10am | Zoom ID: 92808612851 August 18 | 10am | Zoom ID: 92676903473 Follow Diane Beckman as she presents her favorite artwork and gives clues on what the artist is trying to say.

Nature Photography July 12 and 19 | 10:30am IN-PERSON Meet Kathe at Spring Valley Nature Center (1111 E. Schaumburg Rd., Schaumburg) to learn about and take nature photos.





MISCELLANEOUS

Medicare with Cindy July 7 & August 4 | 1pm Learn about different aspects of Medicare coverage.

Mindfulness and Dementia July 14 | 1pm IN-PERSON Hosted by the Mayor's Committee on Aging.

HISTORY

A Year in Review July 2, 16, 30| 10am Revisit the major events of 1963, 1964, & 1965 in this 3part series.

George Washington in Barbados

July 9 | 10am Washington's experiences in Barbados at age 19 changed the course of his life and America.

The Space Race

July 23 | 10am Learn more about Russia and the United States' competition to space and their ultimate collaboration.

HEALTH & WELLNESS

Financial Tools for Seniors & Dependents w/Special Needs July 21 | 1pm Learn about wealth preservation planning when you have no dependents and for the final liquidity event when you have dependents with special needs.

Tap Into Your Mind

August 18| 11:30am Learn to use mind-thinking to adjust and adapt to situations.

How to Live Better As We Age August 18 | 1pm IN-PERSON Hosted by the Mayor's Committee on Aging

Upcoming Travel Tours August 25 | 1pm Join Nancy to learn about upcoming bus tours.

Florida: The Beatles & Muhammad Ali August 6 | 10 am It was four against one when The Greatest met the soon-to-be greatest rock band of all time.

Pirates in Charleston

August 20 | 10 am Hear stories of the pirates who plundered, partied, and perished in Charles Towne.

Gaudi: Whimsical Houses

August 25 | 10am Learn more about the unique, organic architectural style of this genius.

Charleston: Civil War

August 27 | 10am The first shots of the Civil War were in Charleston.

To register for programs, please refer to pages 7-8 for more information.

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PROGRAM INFORMATION

ART EXPRESSIONS



July Image

July 14 & August 11 10:30am Cost: \$7 each class

Kristi will lead you through this wonderfully zen class to create a new masterpiece for your art collection! No art skills required. Supplies are available for pick up the day before the class. Use the registration form on pages 7 and 8 to register!



August Image

To register for programs, please refer to pages 7-8 for more information.

REOCCURRING WELLNESS PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chair Yoga 1-2pm \$5 Alzheimer's Association Caregivers Support Group 11-12:30pm Every 3rd Monday.	*Walking Group 8:45-9:45am Meet at Volkening Lake Tai Chi 1-2pm \$5 *Nurse Janet's Health Topic 2:30pm (See calendar for specific dates)	*Diabetes Support Group 10:30-11:30am Every 2nd and 4th Wednesday *Bridges to Memory Support Group 2:00–3:30 p.m. Every 4th Wednesday	*Walking Group 8:45-9:45am Meet at Volkening Lake	Chair Yoga 1-2pm \$5

*Please call Nurse Janet at 847-285-4552 to register.

All programming is now offered in-person. Pre-registration and payment are encouraged.

Due to the fluid nature of the COVID-19 pandemic, all events are subject to change. Subscribe to the Senior eNewsletter to keep up to date on current programming news.

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		ULY 202	SE	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Virtual Program +Program held on Zoom and In-Person	Zoom Info: Meeting ID: 471 587 2835 Please call 847- 285-4541 for the passcode.		1 8:45am Walking Group 10am Zoom Bingo 1pm Live Bingo	2 10am 1963: A Year in Review* 1pm Chair Yoga+
5 Township Closed	6 8:45am Walking Group 10am Toronto* 1pm Tai Chi+	7 10am Historic Rome* 1pm Medicare with Cindy*	8 8:45am Walking Group 10am Zoom Bingo* 1pm Live Bingo	10am 9 Washington in Barbados* 12:30pm Suzette's 1pm Chair Yoga+
10am 12 Denmark* 10:30am Nature Photography 1pm Chair Yoga+	8:45am 13 Walking Group 10am Scattegories* 1pm Tai Chi+ 2:30pm Cooking w/ Nurse Janet+	10am Art14Expressions*10:30am DiabetesSupport Group1pm Mindfulnessand Dementia	8:45am 15 Walking Group 10am Zoom Bingo* 1pm Live Bingo	9:45am 16 Morkes Chocolates 10am 1964: A Year in Review* 1pm Chair Yoga+
10am 19 Mediterranean Cooking* 10:30am Nature Photography 1pm Chair Yoga+	8:45am 20 Walking Group 10am Creative Writing 1pm Tai Chi+	10am NC Art 21 Museum* (Zoom ID on pg. 3) 1pm Financial Tools for Seniors & Dependents w/ Special Needs+	8:45am 22 Walking Group 10am Zoom Bingo* 1pm Live Bingo	10am 23 The Space Race* 1pm Chair Yoga+
10am 26 Backyard BBQ Cooking* 1pm Chair Yoga+	8am Breakfast 27 8:45am Walking Group 10am Creative Writing 1pm Tai Chi 2:30pm Health Topic+	10am 28 Historic Rome* 10:30am Diabetes Support Group 2:00pm Bridges to Memory	8:45 am 29 Walking Group 10am Zoom Bingo* 1pm Live Bingo	10am 1965: 30 Vietnam* 1pm Chair Yoga+

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AUGUST 2021						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
10am Cooking 2 Summer Salads* 1pm Chair Yoga+	8:45am 3 Walking Group 10am Creative Writing 1pm Tai Chi+	10am Historic 4 Rome* 1pm Medicare with Cindy*	8:45 am5Walking Group10am ZoomBingo*1pm Live Bingo	10am Beatles & 6 Muhammad Ali* 1pm Chair Yoga+		
10am Historic 9 Sintra, Portugal* 1pm Chair Yoga+	8:45am 10 Walking Group 10am Creative Writing 1pm Tai Chi+ 2:30pm Health Topic+	10am Art Expressions*1110:30am Diabetes Support Group1pm Movie Day+Day Trip: Starved Rock	8:45am 12 Walking Group 10am Zoom Bingo* 1pm Live Bingo	10am Buenos 13 Aires* 10am SOS Mobile Unit 1pm Chair Yoga+		
 10am East 16 London* 11am Caregiver Support Group 1pm Chair Yoga+ 	8:45am 17 Walking Group 10am Creative Writing 1pm Tai Chi+	10am NC Art 18 Museum* (Zoom ID on pg. 3) 11:30am Tap Into Your mind+ 1pm Live Better as We Age	8:45am 19 Walking Group 10am Zoom Bingo* 1pm Live Bingo 6pm Outdoor Music Night	10am Pirates 20 In Charleston* 1pm Chair Yoga+		
 10am Bilbao 23 City and the 33 Guggenheim* 1pm Chair Yoga+ 	8:45am Walking Group 10am Creative Writing 1pm Tai Chi+ 2:30pm Health Topic+ Day Trip: Japanese Garden	10am Gaudi* 25 10:30am 25 Diabetes Support Group 1pm Upcoming Travel Tours* 2:00pm Bridges to Memory	8:45am 26 Walking Group 26 10am Zoom Bingo* 1pm Live Bingo	10am 27 Charleston: Civil War 1pm Chair Yoga+		
10am Munich* <mark>30</mark> 1pm Chair Yoga+	<pre>8am 31 Breakfast B:45am Walking Group 10am Scattegories* 1pm Tai Chi+</pre>		Zoom Info: Meeting ID: 471 587 2835 Please call 847- 285-4541 if you need the passcode.	*Virtual Program +Program held on Zoom and In-Person		

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PROGRAM REGISTRATION

Name #1 (Please Print)

Name #2 (Please Print)

Address, City, Zip Code

#Sign Up	Office Use (confirm)	Office Use (wait list #)	Program Name	Day	Date	Start Time	Fee
			Virtual Programs - July				
			Art Expressions	Wed	July 14	10:00 AM	\$7
			In-Person Programs - July				
			Bingo (Register by June 28)	Thurs	July 1	1:00 PM	At Door
			Chair Yoga	Fri	July 2	1:00 PM	\$5
			Tai Chi	Tues	July 6	1:00 PM	\$5
			Bingo (Register by June 28)	Thurs	July 8	1:00 PM	At Door
			Chair Yoga	Fri	July 9	1:00 PM	\$5
			Nature Photography	Mon	July 12	10:30 AM	FREE
			Chair Yoga	Mon	July 12	1:00 PM	\$5
			Tai Chi	Tues	July 13	1:00 PM	\$5
			Mindfulness and Dementia	Wed	July 14	1:00 PM	FREE
			Bingo (Register by July 12)	Thurs	July 15	1:00 PM	At Door
			Chair Yoga	Fri	July 16	1:00 PM	\$5
			Nature Photography	Mon	July 19	10:30 AM	FREE
			Chair Yoga	Mon	July 19	1:00 PM	\$5
			Creative Writing (6 week class)	Tues	July 20–August 24	10:00 AM	FREE
			Tai Chi	Tues	July 20	1:00 PM	\$5
			Financial Tools for Seniors & Dependents w/Special Needs	Wed	July 21	1:00 PM	FREE
			Bingo (Register by July 12)	Thurs	July 22	1:00 PM	At Door
			Chair Yoga	Fri	July 23	1:00 PM	\$5
			Chair Yoga	Mon	July 26	1:00 PM	\$5
			Breakfast with Kim and Caryn	Tues	July 27	8:00 AM	On Own
			Tai Chi	Tues	July 27	1:00 PM	\$5
			Bingo (Register by July 26)	Thurs	July 29	1:00 PM	At Door
			Chair Yoga	Fri	July 30	1:00 PM	\$5

REGISTRATION INSTRUCTIONS

On page 7, fill out the name(s) of the individual(s) in the household who would like to attend programs throughout the next two months. In the "# Sign Up" column, put the number of the person who would like to attend that program. Example: Name 1 would like to attend Chair Yoga on August 2. You would put a "1" in the first column. If both people would like to attend a program, you would write "1, 2" in the first column.

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Email

Phone

Phone (If different)

www.schaumburgtownship.org

PROGRAM REGISTRATION

#Sign Up	Office Use (confirm)	Office Use (wait list #)	Program Name	Day	Date	Start Time	Fee
			Virtual Programs - August				
			Art Expressions	Wed	Aug 11	10:00AM	\$7
			In-Person Programs - August				
			Chair Yoga	Mon	Aug 2	1:00 PM	\$5
			Tai Chi	Tues	Aug 3	1:00 PM	\$5
			Bingo (Register by July 26)	Thurs	Aug 5	1:00 PM	At Door
			Chair Yoga	Fri	Aug 6	1:00 PM	\$5
			Chair Yoga	Mon	Aug 9	1:00 PM	\$5
			Tai Chi	Tues	Aug 10	1:00 PM	\$5
			Movie: A Rainy Day in New York	Wed	Aug 11	1:00 PM	\$2
			DAY TRIP: Starved Rock (Register by Aug 2)	Wed	Aug 11	8:30 AM	\$55
			Bingo (Register by Aug 9)	Thurs	Aug 12	1:00 PM	At Door
			Chair Yoga	Fri	Aug 13	1:00 PM	\$5
			Chair Yoga	Mon	Aug 16	1:00 PM	\$5
			Tai Chi	Tues	Aug 17	1:00 PM	\$5
			Tap Into Your Mind	Wed	Aug 18	11:30 AM	FREE
			Live Better As We Age	Wed	Aug 18	1:00 PM	FREE
			Bingo (Register by Aug 9)	Thurs	Aug 19	1:00 PM	At Door
			Outdoor Music Night	Thurs	Aug 19	6:00 PM	FREE
			Chair Yoga	Fri	Aug 20	1:00 PM	\$5
			Chair Yoga	Mon	Aug 23	1:00 PM	\$5
			Tai Chi	Tues	Aug 24	1:00 PM	\$5
			DAY TRIP: Japanese Garden (Register by Aug 12)	Tues	Aug 24	9:00 AM	\$30
			Bingo (Register by Aug 23)	Thurs	Aug 26	1:00 PM	At Door
			Chair Yoga	Fri	Aug 27	1:00 PM	\$5
			Chair Yoga	Mon	Aug 30	1:00 PM	\$5
			Breakfast with Kim and Caryn	Tues	Aug 31	8:00 AM	On Own
			Tai Chi	Tues	Aug 31	1:00 PM	\$5
			Support Groups - August				
			Caregiver Support Group	Mon	Aug 16	11:00 AM	FREE
			Day Trips - September				
			Four Winds Casino (Register by Aug 18)	Tues	Sept 14	8:00 AM	\$45
			Kinky Boots (Register by Aug 11)	Wed	Sept 15	10:30 AM	\$65

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SOCIAL SERVICES

SECRETARY OF STATE MOBILE UNIT

Friday, August 13 10am - 2pm

Have you been avoiding the long lines at the DMV? Wait no more! The Secretary of State's Mobile Unit will be at Schaumburg Township with no appointments required! Services available include: driver's license renewal, State ID's cards, duplicate license, corrected license vision screening and vehicle renewal stickers. Visit www.cyberdriveillinois.com for fees and required documentation.

Real ID applications and driver's tests will NOT be administered.

SHIP TIP CORNER

Do you have a hard time paying for your Medicare premiums and coinsurances



Medicaid is state run medical insurance offered through the

Department of Human Services (DHS). Medicare and Medicaid can work together to offer little to no cost health care.

The Medicare Savings Program (MSP) is a state funded program offered through DHS. MSP can help pay for Medicare Part A & B premiums and coinsurances.

Extra Help is a federally funded program offered through the Social Security Administration. Extra Help can help pay for Medicare part D premiums and coinsurances.

All programs have income and asset guidelines. Call Senior Services at 847-285-4541 to speak with a Township SHIP Counselor to learn more!



Join us online for a week of fun and learning opportunities delivered by local experts. This annual Expo will feature presentations on aging in place, health/wellness, insurance, legal matters and more.

Each day will feature music of the decades with trivia, brain games, bingo or cooking classes. Your chances to learn, win prizes, have fun and connect with friends awaits. Visit elderwerks.org/resources/seniorfair for registration details or email events@elderwerks.org for more information.

CAREGIVER SUPPORT GROUP

The Caregiver Support Group offers a safe place for caregivers of family members to talk about their experiences and seek support from others.



Beginning in August, the

Caregiver Support Group will begin meeting in-person! Registration will be required as space is limited to 10 people. Face masks will be required and social distancing will be practiced.

Please note: there will be no meeting in July.

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SOCIAL SERVICES

TRANSPORTATION

Township Transportation services are available for seniors and people with permanent disabilities who are 18 years of age or older. Transportation can go up to 7 miles past the Township border to get you to your medical appointments. They can also bring you anywhere within the Township borders for any reason.

Please call Transportation at 847-882-1929 for more information, to register, or to schedule a ride. There is a requested \$1 donation per ride. Please note, busses cannot accommodate wheeled carts for shopping trips.

Stores	Stores Day(s)	
Walmart & Target	Mondays & Fridays	Whole Township
Jewel, Mariano's & Aldi	Tuesday Wednesday Thursday Friday	Based on resident's location in Township
Valli	Tuesday	Whole Township

GROCERY TRIP SCHEDULE

MMAI

Do you have Medicare Part A and Medicare Part B, as well as Medicaid with no spend down? If so and you are aged 21 or older, you are eligible for the Medicare Medicaid Alignment Initiative (MMAI) that allows you to access all of your benefits in one plan.

MMAI plans will not cost more than your regular Medicare and Medicaid coverage and most plans will cover all services at no cost to you.

Senior Services staff are certified Senior Health Insurance Program (SHIP) Counselors and are able to help discuss MMAI options. Call us at 847-285-4541 to schedule an appointment today.





ITAC

Are you hard of hearing and have difficulty hearing people when you're on the telephone? The Illinois Telecommunications Access Corporation (ITAC) offers free amplified phones to qualified Illinois residents with a certified hearing loss. Schaumburg Township Disability Services is proud to be a selection center where qualified residents of any age may come to do a 'live' test call on each of the available phones and select the phone with the optimal hearing results for them. There are no age or income requirements. Residents need standard telephone service, a picture ID and a doctor or licensed audiologist's signature on the application. Contact Disability Services at 847-285-4541 to get more information, an application, or set up an appointment.

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SOCIAL SERVICES

BENEFIT ACCESS PROGRAM

The Benefit Access Program offers two benefits for seniors and persons with disabilities:

- A license plate fee discount
- Free rides on fixed-route transit systems.

Eligibility is determined by income, residency, age and/or disability. Approval lasts for 2 years. Applications can only be submitted online. Residents can apply at www.illinois.gov/aging. Senior Service staff are happy to assist with your application and document submission.



Please call 847-285-4541 to learn more and schedule an appointment!

WELFARE SERVICES

The Food Pantry continues to see an increased need for food assistance. Donations are continually needed, especially during the summer months. Food and monetary donations can be made directly to the Food Pantry Monday-Friday 8:30 am–5pm. Appointments for the Food Pantry are required and can be made by calling 847-884-0030, ext. 1013.

FOOD PANTRY HOURS

Mon.	9 a.m.–2 p.m.
Tues.	10 a.m.–3 p.m.
Wed.	9 a.m.–2 p.m.
Thurs.	11 a.m.–4 p.m.
Fri.	10 a.m.–3 p.m.

HEALTH TOPICS - NEW DAY & TIME

Beginning in July, Nurse Janet will be moving her Health Topic presentations to **TUESDAY AFTERNOONS AT 2:30 P.M.** Unless noted, presentations will be available on Zoom and inperson. Please call 847-285-4551 to register if you will be attending in person.

July 13: Cooking Class: Overnight Oats - Nurse Janet will lead participants in making an easy and delicious option for breakfast. Participants will make their own servings and bring them home to enjoy! This class will be offered in-person only.

July 27: How does the liver function/Hepatitis August 10: Grief and Mourning August 24: Medication Overdose in Seniors



Township of Schaumburg **Department of Senior Services**

1 Illinois Boulevard Hoffman Estates, II 60169 Phone: 847-884-0030 Senior Services Direct: 847-285-4541 www.schaumburgtownship.org **f**@SchaumburgTownship SchaumburgTwp

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STARVED ROCK

Wednesday, August 11 Check-In: 8am | Depart: 8:30am | Return: 5pm Cost: \$55

Enjoy a day trip to the beautiful Starved Rock State Park. Cost includes a trolley ride, boat tour, lunch, and transportation. Masks will be required while on the bus. Limited to the first 25 people. Register by August 2.



Photo: facebook.com/starvedrocklodge

TOWNSHIP ELECTED OFFICIALS



SUPERVISOR Timothy M. Heneghan



TRUSTEE Robert N. Fiorio



Demetrius J.

Gibson

TRUSTEE Lauren Saternus



TRUSTEE Matthew J. Steward



CLERK

W. Robert

Vinnedge



ASSESSOR



HIGHWAY John R. Lawson, CIAO COMMISSIONER Scott M. Kegarise