



Senior NEWSLETTER

MAY AND JUNE 2021



You might have noticed the Senior Newsletter has a new look! We are excited to bring you a newly expanded, 12-page, full-color Senior Newsletter. This new edition has all the information you will need about daily programming and special events, social services programs, Township services, and more!

Here are some new features you might find helpful:

The *monthly calendar* on pages 5-6 has been updated and is now printed front-to-back so you can tear it out and put it on your fridge or bulletin board to easily keep track of our fun events.

Brand new is the *Program Registration Page*. Printed front-to-back on pages 7-8, this new feature is meant to help make

registering for programs and events easier! With one month's events on each side, you can quickly register for all the programs you'd like to attend at one time. Just put an X by the programs you'd like to attend, return the registration in person or via mail with any payments necessary and you'll be registered. People in living in the same household can register on one form. You'll no longer be required to call or come to the Township to register for each individual event. We are hopeful this saves everyone time and energy!

If you have any questions or feedback about the new features, or anything included in the newsletter, please contact Director Becky Cordes at 847-285-4541.

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PROGRAM INFORMATION

MOTHER'S DAY GARDEN PARTY

Wednesday, May 26

10:30 a.m.—12 p.m. OR 1:30—3 p.m.

Cost: \$10

Join us for a Late Blooming Mother's Day Garden Party at the Township! Activities will include a floral arrangement demonstration by Kaleidoscope of Floral Design, flower planting with the Schaumburg Township Garden Club, and painting rocks or bird houses.

Raffle prizes will be given at each event. Snacks and beverages will be served outside under a tent. Each event is limited to 25 people.



Participants will be required to wear masks, practice social distancing, and complete a verbal health screening including temperature checks.

LIVE BINGO RETURNS!

Thursdays in June

1—2:30 p.m.

Cost: \$1 per card or \$5 for 6 cards

Beginning in June, live, in-person Bingo returns to the Township! Due to

continuing COVID-19 mitigation measures, capacity will be limited to 45 people.

Registration is required for each individual week and participants will be selected via a lottery. Selected participants will be notified by phone. Transportation will be available if needed.

Doors will open at 12:15 p.m. and Nurse Janet will be on site to do blood pressure checks before game play begins. Masks, social distancing and verbal health screenings, including temperature checks will be required.



PROGRAM INFORMATION

IN-PERSON PROGRAMS

Rules of the Road

June 11 | 10am | Free
Join the Secretary of State to get the knowledge and confidence needed to renew a driver's license.

Breakfast with Kim & Caryn

Maxfields May 25 | 8am
Southern Café June 29 | 8am
Start your day right with a good meal and conversation with friends. RSVP on the registration pages (7 & 8). Separate checks available.

TRAVEL

San Francisco

May 3, May 10 | 10am
Get a glimpse into an interesting city and it's historical waterways.

Savannah

June 11 | 10am
Bonnie Terrill will present architectural information on this historic city.

Lisbon

June 14 | 10am
Visit the old districts and take a ride on the Tram in Lisbon.

Historic Italy

May 26, June 2, June 23 | 10am
Return to Italy with Tiffany.

Highlights of Vienna

June 9 | 10am
We will begin our trip on Ring Street then move to People's Gardens, the Park, Imperial Palace, heroes Square and St. Michael's Square.



MUSEUMS

CSS Neuse Maritime Tour

May 28 | 10am
See the world's only full-size replica of a Confederate Ironclad gunboat in North Carolina.

Art Talk from North Carolina Museum of Art

June 30 | 10am
Follow Diane Beckman as she presents her favorite artwork and gives clues on what the artist is trying to say.



MISCELLANEOUS

Medicare with Cindy

May 5, June 9 | 1pm
Learn about Medicare coverage of Durable Medical Equipment and Diabetes supplies.

Card Making—NEW

June 21, June 28 | 10am | Free
Greeting cards are getting so expensive. Learn to make your own with Kathe. Supplies will be provided.

Chicago in the Movies

June 21 | 10am
Chicago is featured in some of the most beloved movies in cinema history.

Sid Caesar

June 28 | 10am
Celebrate the pioneer of the comedy revolution!

HISTORY

US-Russian Space Race

May 7 | 10am
Explore the post-WWII competition between the U.S. and Soviet/Russia to achieve dominance in space.

Vikings in Normandy

May 24 | 10am
Learn about the Vikings' migration to France.

Evolving Electric Grid

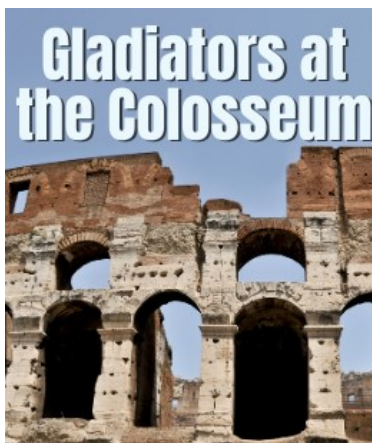
May 14 | 10am
Learn the fascinating story of how the grid originated and continues to evolve.

Female Spies in the Civil War

June 4 | 10am
Find out who these amazing women were and what they did.

Gladiators at the Colosseum

June 7 | 10am
Join an archaeologist who will tell the story of the Roman gladiators from training school to the arena.

**1962: Cuban Missile Crisis**

June 18 | 10am
Civil Rights, the Space Race, and Vietnam

American Territories

June 25 | 10am
Learn how territories become states, why some do not, and how territorial citizens do not have full American rights.

AMAZING ALLIGATORS



NATURE

Fantastic Fish

May 5 | 10am
Dive in and learn facts and myths about fish through interactive activities and demos!

Texas Country Wildflower Tour

May 21 | 10am
Take a drive to see Texas' Spring wildflowers.

Amazing Alligators

May 19 | 10am
Meet a few aquarium reptiles and learn how they've survived since the time of the dinosaurs.

DAY TRIP

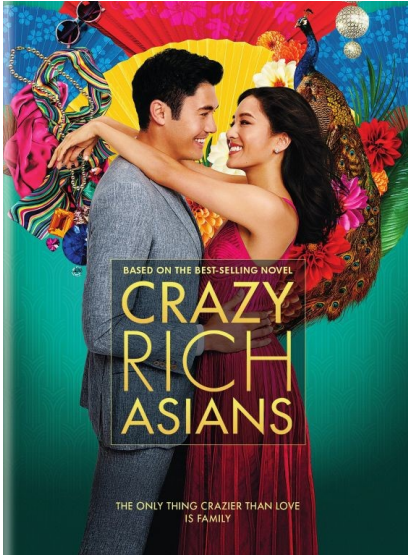
Four Winds Casino

June 22 | 8am | \$45
Let's hit the road and the slots! Meet at the Township for a day trip to Four Winds Casino in New Buffalo, Michigan. Cost includes \$15 slot play, \$10 food voucher, and transportation. Limited to the first 25 people.

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

PROGRAM INFORMATION

ENTERTAINMENT & MOVIES



Crazy Rich Asians
 May 12 | 1 pm | \$2
 Rachel Chu accompanies her boyfriend to his best friend's wedding in Singapore where she learns of his family's wealth and his status as one of the country's most eligible bachelors.

Misbehavior
 June 16 | 1 pm | \$2
 A group of women hatch a plan to disrupt the 1970 Miss World beauty competition in London.



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

DROP-IN PROGRAMS

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

Sessions in **RED** will be available in-person. Please call to register for Nurse Janet's programs. Sessions in **BLACK** are available virtually; fees are waived while offered virtually.

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.

MAY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10am San Francisco Highlights 1pm Chair Yoga	4 10am Scattergories 1pm Tai Chi	5 10am Fantastic Fish 1pm Medicare with Cindy	6 10am Zoom Bingo 1pm Health Topic: Anxiety and Depression	7 10am U.S.-Russian Space Race 1pm Chair Yoga
10 10am San Francisco: Earliest Waterways 1pm Chair Yoga	11 10am Trivia Games 1pm Tai Chi	12 10am Art Expressions 1pm Movie: Crazy Rich Asians	13 10am Zoom Bingo 1pm Health Topic: Vitamins	14 10am Evolving Electric Grid 1pm Chair Yoga
17 10am Funniest Women in Hollywood 1pm Chair Yoga	18 10am Scattergories 1pm Tai Chi	19 10am Amazing Alligators	20 10am Zoom Bingo 1pm Health Topic: What do lab results mean?	21 10am Texas Country & Spring Wildflowers 1pm Chair Yoga
24 10am Vikings in Normandy 1pm Chair Yoga	25 10am Trivia Games 1pm Tai Chi	26 10am Historic Italy 10:30am & 1 pm Mother's Day Garden Party	27 10am Zoom Bingo	28 10am CSS Neuse Maritime Tour 1pm Chair Yoga
31 Memorial Day Township Closed				

JUNE 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<p>10am Scattergories</p> <p>1pm Tai Chi</p>	<p>10am Historic Italy</p> <p>1pm Health Topic: GERD & IBS</p>	<p>10am Zoom Bingo</p> <p>1pm In-Person Bingo</p>	<p>10am Female Spies in the Civil War</p> <p>1pm Chair Yoga</p>
7	8	9	10	11
<p>10am Gladiators at the Colosseum</p> <p>1pm Chair Yoga</p>	<p>10am Trivia Games</p> <p>1pm Tai Chi</p>	<p>10am Highlights of Vienna</p> <p>1pm Medicare with Cindy</p>	<p>10am Zoom Bingo</p> <p>1pm In-Person Bingo</p>	<p>10am Savannah</p> <p>10 am In-person Rules of the Road</p> <p>1pm Chair Yoga</p>
14	15	16	17	18
<p>10am Lisbon</p> <p>1pm Chair Yoga</p>	<p>10am Scattergories</p> <p>1pm Tai Chi</p>	<p>10am Art Expressions</p> <p>1pm Movie: Misbehavior</p>	<p>10am Zoom Bingo</p> <p>1pm In-Person Bingo</p>	<p>10am 1962: Cuban Missile Crisis</p> <p>1pm Chair Yoga</p>
21	22	23	24	25
<p>10am Chicago in the Movies</p> <p>10:30am Make Your Own Greeting Cards</p> <p>1pm Chair Yoga</p>	<p>10am Trivia Games</p> <p>1pm Tai Chi</p>	<p>10am Historic Italy</p>	<p>10am Zoom Bingo</p> <p>1pm In-Person Bingo</p>	<p>10am American Territories</p> <p>1pm Chair Yoga</p>
28	29	30		
<p>10am Sid Caesar</p> <p>10:30am Make Your Own Greeting Cards</p> <p>1pm Chair Yoga</p>	<p>10am Scattergories</p> <p>1pm Tai Chi</p>	<p>10am Art Talk from NC Museum of Art</p> <p>1pm Health Topic: Anemia</p>		

PROGRAM REGISTRATION

Name (Please Print) Phone

Address, City, Zip Code Email

Emergency Contact Name & Relationship Emergency Contact Phone Number

Sign Up	Office Use (confirm)	Office Use (wait list #)	Program Name	Day	Date	Start Time	Fee
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Virtual Programs - May

			Bingo	Thurs	May 6	10 AM	Free
			Art Expressions	Wed	May 12	10 AM	\$7
			Bingo	Thurs	May 13	10 AM	Free
			Bingo	Thurs	May 20	10 AM	Free
			Bingo	Thurs	May 27	10 AM	Free

In-Person Programs - May

			Tai Chi	Tues	May 4	1 PM	\$5
			Tai Chi	Tues	May 11	1 PM	\$5
			Movie: Crazy Rich Asians	Wed	May 12	1 PM	\$2
			Tai Chi	Tues	May 18	1 PM	\$5
			Breakfast at Maxfields	Tues	May 25	8 AM	N/A
			Tai Chi	Tues	May 25	1 PM	\$5
			Mother's Day Garden Party	Wed	May 26	10:30 AM	\$10
			Mother's Day Garden Party	Wed	May 26	1 PM	\$10

SATURDAY JUNE 5TH | 9-11 AM**COMMUNITY SHRED DAY****Free Paper Shredding!**

- 4 boxes or bags per person.
- Don't remove paperclips, staples & rubber bands.
- Boxes/bags must be unsealed/untied.
- All boxes/bags must be in the trunk of your vehicle for no contact shredding.

Call 847-884-0030 with questions!

PROGRAM REGISTRATION

Sign Up	Office Use (confirm)	Office Use (wait list #)	Program Name	Day	Date	Start Time	Fee
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Virtual Programs - June

			Bingo	Thurs	June 3	10 AM	Free
			Bingo	Thurs	June 10	10 AM	Free
			Art Expressions	Wed	June 16	10 AM	\$7
			Bingo	Thurs	June 17	10 AM	Free
			Bingo	Thurs	June 24	10 AM	Free

In-Person Programs - June

			Bingo	Thurs	June 3	1 PM	At Door
			Tai Chi	Tues	June 8	1 PM	\$5
			Bingo	Thurs	June 10	1 PM	At Door
			Rules of the Road	Fri	June 11	10 AM	Free
			Tai Chi	Tues	June 15	1 PM	\$5
			Movie: Misbehavior	Wed	June 16	1 PM	\$2
			Bingo	Thurs	June 17	1 PM	At Door
			Make Your Own Greeting Cards	Mon	June 21	10:30 AM	Free
			Four Winds Casino DAY TRIP	Tues	June 22	8 AM	\$45
			Tai Chi	Tues	June 22	1 PM	\$5
			Bingo	Thurs	June 24	1 PM	At Door
			Make Your Own Greeting Cards	Mon	June 28	10:30 AM	Free
			Breakfast: Southern Café	Tues	June 29	8 AM	N/A
			Tai Chi	Tues	June 29	1 PM	\$5

Support Groups - June

			Caregivers Support Group	Mon	June 21	11 AM	Free
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Sign up on our website!



SOCIAL SERVICES



CAREGIVER SUPPORT GROUP

The Caregiver Support Group meets virtually over Zoom on the Third Monday of each month from 11 am–12:30 pm. Please contact Director Becky Cordes at 847-884-0030 ext. 2020 to register and get the Zoom login information.

The Caregiver Support Group will *NOT* be meeting in May, but will meet on June 21.

FEMA COVID-19 FUNERAL ASSISTANCE

Federal Emergency Management Agency (FEMA) is providing financial assistance for COVID-19 related funeral expenses incurred after January 20, 2020.

Applications are now being accepted only by calling the COVID-19 Funeral Assistance Line at 844-684-6333 Monday–Friday 9 am–9 pm.

More information about eligibility and required documentation can be found at [fema.gov/disasters/coronavirus/economic/funeral-expenses](https://www.fema.gov/disasters/coronavirus/economic/funeral-expenses).

PAINT-A-THON

If the exterior of your home or garage needs a fresh coat of paint due to peeling, fading, or worn paint, apply for the Paint-a-Thon program!

This program provides for the painting of the exterior of single family homes at no cost to the homeowners with limited financial resources. Homeowners must be at least 60 years of age, or have a permanent disability, or be a veteran of any age.

Volunteer teams will paint the homes on Saturday, September 11, 2021. Contact Disability Services Assistant Director, Lauren Ewan, at 847-884-0030 ext. 2025 for an application or additional information. *Application Deadline is June 1.*



HOMEBOUND VACCINATIONS

Are you or someone you know unable to get in a vehicle to get a COVID-19 vaccine? Homebound residents in Cook County can now call the Cook County Vaccine Hotline at 833-308-1988 to be added to the wait list for in-home vaccination.

Once added to the list, homebound residents will then be contacted by a home health provider for an appointment for an in-home vaccination. The Cook County Vaccine Hotline hours are Monday–Friday 7am–10pm and Saturdays 8am–10 pm.

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.



MAY RETAIL TRIPS	
May 5 & 7	Walmart 850 S. Barrington Rd
May 10 & 14	Target 2621 Schaumburg Rd
May 17 & 21	Walmart 801 Meacham Rd
May 24 & 28	Target 1235 Higgins Rd

JUNE RETAIL TRIPS	
June 4	Walmart 850 S. Barrington Rd
June 7 & 11	Target 2621 Schaumburg Rd
June 14 & 18	Walmart 801 Meacham Rd
June 21 & 25	Target 1235 Higgins Rd
June 28 & July 2	Walmart 850 S. Barrington Rd

TRIP PROGRAM

In a cooperative effort with PACE, Schaumburg Township has joined Elk Grove, Hanover, Palatine and Wheeling Townships in providing the Township Riders Initiative Program (TRIP) to its residents. The TRIP program allows eligible residents to receive transportation from PACE within the boundaries of Barrington, Elk Grove, Hanover, Maine, Schaumburg, Palatine, and Wheeling Township for medical purposes only.

Rides are available Monday – Friday 5 am—9 pm and Saturday 7 am—4 pm. One-way cost is \$5 per township line crossed during a single trip with a maximum of \$10 per one-way.

Individuals must register for the TRIP program 7 to 10 days before needing their first ride in order to allow time to be approved. To register, please call Schaumburg Township Transportation at 847-882-1929. Once registered, individuals can schedule rides through the TRIP Program by calling Schaumburg Township Transportation Dispatch.

SOCIAL SERVICES

HEALTH TOPICS

Join Nurse Janet on Zoom or in person for her health topics. Presentations start at 1 p.m. Please call 847-254-4551 to register.

May 6: Guest massage therapist who will help with anxiety and Depression

May 13: Vitamins

May 20: What do your lab results mean?

June 2: Gastroesophageal reflux disease and Irritable Bowel Syndrome

June 30: Anemia

Community Health Nurse Janet Stachula, R.N.



- A1C Testing
- Bone Density Screening
- Blood Pressure Screening
- Cholesterol Screening
- Memory Loss Screening
- Individual Diabetes Education
- Diabetes Support Group
- Walking Group
- Bridges to Memory Support Group



WELFARE SERVICES

Beginning May 3, the Food Pantry will have new hours! Appointments are required and can be made by calling 847-884-0030, ext. 1013.

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.

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.

OLDER AMERICANS MONTH

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.


Strength is built and shown now only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. Here are some ways to share and connect:

- *Look for joy in the everyday*—celebrate small moments by taking time to recognize them.
- *Reach out to neighbors*—Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a home cooked meal.
- *Build a new skill*—learning something new allows us to practice overcoming challenges.
- *Share your story*—Hearing how others experience the world helps us grow.



Township of Schaumburg
Department of Senior Services
1 Illinois Boulevard
Hoffman Estates, IL 60169

Phone: 847-884-0030
Senior Services Direct: 847-285-4541
www.schaumburgtownship.org

 @SchaumburgTownship

 @SchaumburgTwp

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ART EXPRESSIONS

May 12, June 16 | 10am | \$7

Join Kristi each month in a wonderfully zen class to create a beautiful addition to your art collection! No fine art skills needed. Supplies are available to pick up the day before the class. Use the new registration form on page 7 and 8 to register!



May Project



June Project

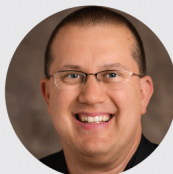
TOWNSHIP ELECTED OFFICIALS



SUPERVISOR
Timothy M.
Heneghan



TRUSTEE
Diane Dunham



TRUSTEE
Jeffrey S. Mytych



TRUSTEE
Nimish Jani



TRUSTEE
Charlotte Kegarise



CLERK
W. Robert
Vinnedge



ASSESSOR
John R. Lawson, CIAO



HIGHWAY
COMMISSIONER
Scott M. Kegarise