



Senior NEWSLETTER

NOVEMBER DECEMBER 2021



NEW SENIOR PROGRAMS!



ZUMBA GOLD

Tuesdays Starting November 9

9:30am

Cost: \$5 per class

Zumba Gold classes are coming every Tuesday to the Township starting November 9. Zumba combines a dance workout with a party-like atmosphere. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves. Work out while having fun! No experience necessary. Please register as class size is limited.

CREATIVE WRITING

November 16, 23, 30

10-11am

Cost: FREE

Join this class to get your creative juices flowing! Your narrative essays and small stories will become better, and you will practice useful skills that will boost your thinking as a whole. Broaden your horizons and register for this free class.

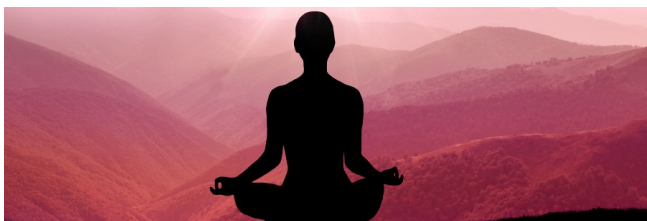


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PROGRAM INFORMATION



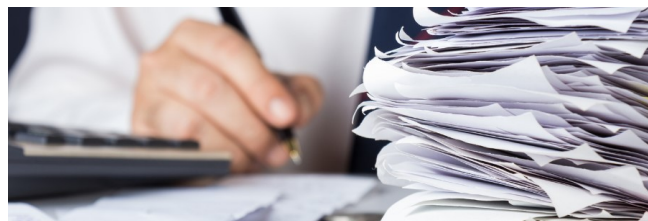
MEDITATION

Wednesdays

1pm

Cost: \$5 per class

Meditation has several wonderful health benefits from helping to control your cravings, fighting aging and flu/ colds, and more. Learn meditation with Julia. Please register as seating is limited. Masks required.



CUB UTILITY BILL CLINIC

Monday, November 8

10-12pm

Cost: FREE

Citizens Utility Board (CUB) will review ways to save on your utility bills. Get tips on gas, electric, water, Internet, cable, phone (cell, local and long distance). Bring your electric and gas bills for specific feedback.

This program is in-person only and seating is limited. Make sure to get registered as soon as possible by calling 847-285-4541 to secure your seat.

SEE HOLIDAY INN AT DRURY LANE!



Wednesday, December 15

Check-in: 10:30am | Depart: 10:40am

Return: 5pm

Cost: \$72

Join us for lunch and Holiday Inn by Irving Berlin. Holiday Inn is about Jim Hardy who leaves show business to settle down on his farmhouse. He quickly discovers life isn't the same without a bit of song and dance. When Jim meets Linda, they turn the farmhouse into a fabulous inn with dazzling performances to celebrate each holiday.

Registration is limited to the first 24 and includes transportation, lunch and admission. Last day to register is November 30. Mask required on the bus and in the theatre.

PROGRAM INFORMATION

Maxfield's

FOOD



Breakfast w/Kim & Caryn

Start your day off right with a good meal with friends.

Separate checks available.

Rd., Schaumburg
November 30 | 8am

Checker's
506 West Wise Rd,
Schaumburg
December 28 | 8am

TRAVEL (V)

Charleston—Civil War
November 1 | 10am

Charles Ghost and
Gullah Legends
November 15 | 10am

Charleston in the Revolution
November 22 | 10am

Young Picasso in Malaga,
Spain
November 29 | 10am

Sao Paulo
December 6 | 10am
Upper Lisbon
December 10 | 10am



Sugarloaf Mountain in
Rio de Janeiro
December 13 | 10am

Live in Budapest, Hungary
December 20 | 10am

Heusden, Netherlands
December 27 | 10am

HISTORY (V)

1959: A Year in Review
November 5 | 10am

Castro takes over Cuba,
Alaska becomes the 49th
state, the Cold War, Barbie
Doll and the Day the Music
Died.

Charleston, Civil War
November 8 | 10am
Virtual and In-person

Lucille Ball
November 12 | 10am
Find out how Lucille Ball
became the most powerful
businesswoman in
Hollywood.

1971: A Year in Review
November 19 | 10am
Ping Pong Diplomacy open
China, Nixon bugs Ellsberg's
office, the war continues.

V= Virtual Program

EDUCATION (V)

Presidential Impact on
Sports

December 3 | 10am
From President Andrew
Jackson to Barack Obama,
presidential influence has
been around for many
years. Find out how!

1972: A Year in Review
December 17 | 10am
Watergate, Munich, China
and Vietnam.

MUSEUMS (V)

Art with North Carolina's
Museum of Art

November 17 | 10am
December 15 | 10am



NEW PROGRAM!

Learn to Speak Russian
Fridays | 10am

Beginning November 5

FREE

IN-PERSON

Looking for mature, yet
young-at-heart students
seeking to learn a new
language,—Russian—
culture and socialization.

MISCELLANEOUS

Fair Housing Rights (V)
November 18 | 3:30pm
Chicago Area Fair Housing
Alliance (CAFHA) will
facilitate this session in
partnership with the Latino
Policy Forum

Zoom

Meeting ID: 823 7248 4204
Passcode: 675200
Phone: 312-626-6799

ARTS & CRAFTS

November 3 and 24 | December 1 and 22

10am

\$5/session

IN-PERSON

Calling all those who love being crafty! Join Nancy as she leads us in fun, seasonal projects. Projects to come include making leaf mobiles, pinecone wreaths, and snowflake window clings! All skill levels welcome.

PROGRAM INFORMATION

ART EXPRESSIONS



Art Expressions with Kristi

*November 10 and
December 8*

10am

Cost: \$7 each class

Join Kristi in this wonderful, almost meditative art class. 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!



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 \$5	Walking Group 8:45-9:45am	Meditation 1pm \$5	Walking Group 8:45-9:45am	Chair Yoga* 1-2pm \$5
Alzheimer's Association Caregivers Support Group 11-12:30pm Every 3rd Monday	Zumba Gold 9:30am \$5	Diabetes Support Group* 10:30-11:30am Every 2nd and 4th Wednesday		
	Tai Chi 1-2pm \$5	Bridges to Memory Support Group 2-3:30pm, Every 4th Wednesday		
	Nurse Janet's Health Topic* 2:30pm—see calendar for specific dates.			

All programs are offered in-person. Please call to register.

*These programs are available virtually; Any fees are waived while attended virtually.

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

NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>10am Charleston Civil War*</p> <p>1pm Chair Yoga+</p>	<p>2</p> <p>8:45am Walking Group^</p> <p>10am Spanish Class^</p> <p>1pm Tai Chi+</p>	<p>3</p> <p>10am Arts & Crafts^</p> <p>1pm Meditation^</p>	<p>4</p> <p>8:45am Walking Group^</p> <p>10am Zoom Bingo*</p> <p>1pm Live Bingo^</p>	<p>5</p> <p>9:30am Russian Class^</p> <p>10am 1959: A Year in Review*</p> <p>1pm Chair Yoga+</p>
<p>8</p> <p>10am Charleston Civil War+</p> <p>10am CUB Utility Clinic^</p> <p>1pm Chair Yoga+</p>	<p>9</p> <p>8:45am Walking Group^</p> <p>9:30am Zumba Gold^</p> <p>10am Spanish Class^</p> <p>1pm Tai Chi+</p> <p>2:30pm Nurse Topic*</p>	<p>10</p> <p>10am Art Expressions*</p> <p>10:30am Diabetes Support Group+</p> <p>1pm Mediation^</p>	<p>11</p> <p>8:45am Walking Group^</p> <p>10am Zoom Bingo*</p> <p>1pm Live Bingo^</p>	<p>12</p> <p>9:30am Russian Class^</p> <p>10am Lucille Ball*</p> <p>1pm Chair Yoga+</p>
<p>15</p> <p>10am Charles Ghost and Gullah Legends*</p> <p>11am Caregiver Support Group^</p> <p>1pm Chair Yoga+</p>	<p>16</p> <p>8:45am Walking Group^</p> <p>9:30am Zumba Gold^</p> <p>10am Spanish Class^</p> <p>1pm Tai Chi+</p>	<p>17</p> <p>10am Art with the North Carolina Art Museum*</p> <p>1pm Meditation^</p> <p>2pm Bridges to Memory^</p>	<p>18</p> <p>8:45am Walking Group^</p> <p>10am Zoom Bingo*</p> <p>1pm Live Bingo^</p>	<p>19</p> <p>9:30am Russian Class^</p> <p>10am 1971: A Year in Review*</p> <p>1pm Chair Yoga+</p>
<p>22</p> <p>10am Charleston in the Revolution*</p> <p>1pm Chair Yoga+</p>	<p>23</p> <p>8:45am Walking Group^</p> <p>9:30am Zumba Gold^</p> <p>10am Creative Writing^</p> <p>1pm Tai Chi+</p>	<p>24</p> <p>10am Arts & Crafts^</p> <p>10:30am Diabetes Support Group+</p> <p>Township Closed at Noon</p>	<p>25</p> <p>Township Closed</p> <p>Thanksgiving Holiday</p>	<p>26</p> <p>Township Closed</p> <p>Thanksgiving Holiday</p>
<p>29</p> <p>10am Young Picasso in Malaga, Spain*</p> <p>1pm Chair Yoga+</p>	<p>30</p> <p>8am Breakfast Social^</p> <p>8:45am Walking Group^</p> <p>9:30am Zumba^</p> <p>10am Creative Writing^</p> <p>1pm Tai Chi+</p> <p>2:30pm Health Topic+</p>		<p>^In-person Program</p> <p>*Virtual Program</p> <p>+Hybrid Program held on Zoom and In-Person</p>	<p>Zoom Info:</p> <p>Meeting ID: 471 587 2835</p> <p>Please call 847-285-4541 for the passcode.</p>

DECEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10am Arts & Crafts^ 1pm Meditation^	2 8:45am Walking Group^ 10am Zoom Bingo* 1pm Live Bingo^	3 9:30am Russian Class^ 10am Presidential Impact on Sports* 1pm Chair Yoga+
6 10am Celebrating Saint Nicholas Feast in Holland* 1pm Chair Yoga+	7 8:45am Walking Group^ 9:30am Zumba Gold^ 1pm Tai Chi+ 2:30pm Nurse Topic*	8 10am Art Expressions* 10:30am Diabetes Support Group+ 1pm Meditation^	9 8:45am Walking Group^ 10am Zoom Bingo*	10 9:30am Russian Class^ 10am Upper Lisbon* 10am Holiday Party at Chandler's^
13 10am Sugarloaf Mountain in Rio de Janeiro* 1pm Chair Yoga+	14 8:45am Walking Group^ 9:30am Zumba Gold^ 1pm Tai Chi+	15 10am Art with North Carolina Art Museum* 1pm Meditation^	16 8:45am Walking Group^ 10am Zoom Bingo* 1pm Live Bingo^	17 9:30am Russian Class^ 10am 1972: A Year in Review* 1pm Chair Yoga+
20 10am Live Budapest, Hungary* 1pm Chair Yoga+	21 8:45am Walking Group^ 9:30am Zumba Gold^ 1pm Tai Chi+	22 10am Arts & Crafts^ 10:30am Diabetes Support Group+ 1pm Meditation^ 2pm Bridges to Memory^	23 8:45am Walking Group^ 10am Zoom Bingo* 1pm Live Bingo^	24 Township Closed Christmas Holiday
27 10am Heusden, Netherlands* 1pm Chair Yoga+	28 8am Breakfast Social^ 8:45am Walking Group^ 9:30am Zumba Gold^ 1pm Tai Chi+	29 1pm Meditation^	30 8:45am Walking Group^ 10am Zoom Bingo* 1pm Live Bingo^	31 Township Closed New Year's Holiday

PROGRAM REGISTRATION

Name (Please Print)	Phone
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Address, City, Zip Code	Email
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Emergency Contact Name & Relationship	Emergency Contact Phone Number
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Sign Up	Office Use (confirm)	Office Use (wait list #)	Program Name	Day	Date	Start Time	Fee
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Virtual Programs - November

			Art Expressions	Weds	Nov 10	10:00AM	\$7.00
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Reoccurring Programs - November

			Spanish Class	Tues	Nov 2	10:00AM	Free
			Tai Chi	Tues	Nov 2	1:00 PM	\$5:00
			Arts and Crafts	Weds	Nov 3	10:00AM	\$5.00
			Meditation	Weds	Nov 3	1:00PM	\$5.00
			Live Bingo	Thurs	Nov 4	1:00PM	At Door
			Chair Yoga	Fri	Nov 5	1:00PM	\$5.00
			CUB: Utility Bill Review	Mon	Nov 8	10:0AM	Free
			Chair Yoga	Mon	Nov 8	1:00PM	\$5.00
			Zumba Gold	Tues	Nov 9	9:30AM	\$5.00
			Spanish Class	Tues	Nov 9	10:00AM	Full
			Tai Chi	Tues	Nov 9	1:00PM	\$5.00
			Art Expressions	Weds	Nov 10	10:00AM	\$7.00
			Meditation	Weds	Nov 10	1:00PM	\$5.00
			Live Bingo	Thurs	Nov 11	1:00PM	At Door
			Chair Yoga	Fri	Nov 12	1:00PM	\$5.00
			Chair Yoga	Mon	Nov 15	1:00PM	\$5.00
			Zumba Gold	Tues	Nov 16	9:30AM	\$5.00
			Creative Writing	Tues	Nov 16	10:00AM	Free
			Tai Chi	Tues	Nov 16	1:00PM	\$5.00
			Book Club	Tues	Nov 16	2:30PM	Full
			Meditation	Weds	Nov 17	1:00PM	\$5.00
			Live Bingo	Thurs	Nov 18	1:00PM	At Door
			Chair Yoga	Fri	Nov 19	1:00PM	\$5.00
			Chair Yoga	Mon	Nov 22	1:00PM	\$5.00
			Zumba Gold	Tues	Nov 23	9:30AM	\$5.00
			Creative Writing	Tues	Nov 23	10:00AM	Free
			Tai Chi	Tues	Nov 23	1:00PM	\$5.00
			Arts and Crafts	Weds	Nov 24	10:00AM	\$5.00
			Chair Yoga	Mon	Nov 29	1:00PM	\$5.00
			Breakfast Social: Maxfields	Tues	Nov 30	8:00AM	
			Zumba Gold	Tues	Nov 30	9:30AM	\$5.00
			Creative Writing	Tues	Nov 30	10:00AM	Free
			Tai Chi	Tues	Nov 30	1:00PM	\$5.00

Day Trips - November

			Behind the Scenes At the Chicago Theatre	Fri	Nov 12	9:30AM	Full
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PROGRAM REGISTRATION

<i>Sign Up</i>	<i>Office Use (confirm)</i>	<i>Office Use (wait list #)</i>	<i>Program Name</i>	<i>Day</i>	<i>Date</i>	<i>Start Time</i>	<i>Fee</i>	
			<i>Virtual Programs - December</i>					
			Art Expressions	Weds	Dec 8	10:00AM	\$7.00	
			<i>Reoccurring Programs - December</i>					
			Arts and Crafts	Weds	Dec 1	10:00AM	\$5.00	
			Meditation	Weds	Dec 1	1:00PM	\$5.00	
			Live Bingo	Thurs	Dec 2	1:00PM	At Door	
			Chair Yoga	Fri	Dec 3	1:00PM	\$5.00	
			Chair Yoga	Mon	Dec 6	1:00PM	\$5.00	
			Zumba Gold	Tues	Dec 7	9:30AM	\$5.00	
			Tai Chi	Tues	Dec 7	1:00PM	\$5.00	
			Meditation	Weds	Dec 8	1:00PM	\$5.00	
			Live Bingo	Thurs	Dec 9	1:00PM	At Door	
			Holiday Lunch	Fri	Dec 10	11:00AM	\$25.00	
			Chair Yoga	Mon	Dec 13	1:00PM	\$5.00	
			Zumba Gold	Tues	Dec 14	9:30AM	\$5.00	
			Tai Chi	Tues	Dec 14	1:00PM	\$5.00	
			Make and Take Holiday Wreath	Tues	Dec 14	1:00PM	\$25.00	
			Meditation	Weds	Dec 15	1:00PM	\$5.00	
			Live Bingo	Thurs	Dec 16	1:00PM	At Door	
			Chair Yoga	Fri	Dec 17	1:00PM	\$5.00	
			Chair Yoga	Mon	Dec 20	1:00PM	\$5.00	
			Zumba Gold	Tues	Dec 21	9:30AM	\$5.00	
			Tai Chi	Tues	Dec 21	1:00PM	\$5.00	
			Book Club	Tues	Dec 21	2:30PM	Full	
			Arts and Crafts	Weds	Dec 22	10:00AM	\$5.00	
			Meditation	Weds	Dec 22	1:00PM	\$5.00	
			Live Bingo	Thurs	Dec 23	1:00PM	At Door	
			Zumba Gold	Mon	Dec 27	9:30AM	\$5.00	
			Chair Yoga	Mon	Dec 27	1:00PM	\$5.00	
			Breakfast Social: Checkers	Tues	Dec 28	8:00AM		
			Zumba Gold	Tues	Dec 28	9:30AM	\$5.00	
			Tai Chi	Tues	Dec 28	1:00PM	\$5.00	
			Meditation	Weds	Dec 29	1:00PM	\$5.00	
			Live Bingo	Thurs	Dec 30	1:00PM	At Door	
			<i>Day Trips - December</i>					
			Holiday Inn	Weds	Dec 15	10:30AM	\$72.00	

SOCIAL SERVICES

Medicare Medicaid Alignment Initiative (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.

TRANSPORTATION NEWS

The Township Transportation Department is busier than ever! If you are looking to make a medical appointment we recommend calling at least five days in advance. Medical appointments can be scheduled up to 30 days in advance. Service for medical appointments extends up to 7 miles beyond the Township boarder. We recommend calling up to ten days ahead of a personal appointment. Personal appointment rides must be within the Township boarders and are for trips such as grocery shopping, hair appointments, etc.



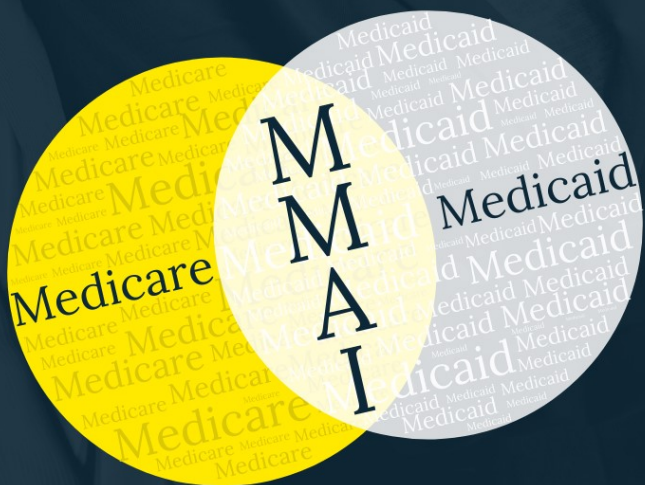
All rides are on a first come-first served basis but medical appointments take scheduling priority.

Call to make an appointment, register or learn more at (847) 882-1929.

FLU SHOT CLINIC

Thursday, November 18 | 11am-2pm

Jewel Osco will be at the Township offering flu, tetanus, and pneumonia shots. Other shots may be available. Bring medical insurance cards if available.



SOCIAL SERVICES



MEDICARE PART C/D OPEN ENROLLMENT CONTINUES THROUGH DECEMBER 7

Medicare beneficiaries still have until December 7th to review their Medicare Advantage plans or their Medicare Prescription Drugs plans for the 2022 year. Any plan changes go into effect January 1, 2022.

To review your plan, call us at 847-285-4541 for an appointment with a SHIP counselor. You can also review yourself on Medicare.gov or call 1-800-MEDICARE.

HOLIDAY HOURS/CLOSURES

The Township of Schaumburg’s holiday closing dates and times are listed below.

We wish you a wonderful holiday!

- Wednesday, November 24—Close at Noon
- Thursday, November 25— Closed
- Friday, November 26—Closed
- Friday, December 24—Closed
- Friday, December 31—Closed



FOOD PANTRY HOURS

- Monday: 9:00am - 2:00pm
- Tuesday: 10:00am - 3:00pm
- Wednesday: 9:00am - 2:00pm
- Thursday: 11:00am - 4:00pm
- Friday: 10:00am - 3:00pm

The Food Pantry is available to Township residents 5 days a week and is a client choice program which gives residents the opportunity to select their own food. Due to the nature of our donation based program, items vary daily/ weekly.

Residents should to call 847-884-0030, ext. 1013 for an appointment. A current piece of mail that has been issued within the last 30 days is needed as proof of residency for each appointment.



Community Health Nurse Janet Stachula, RN



NURSE JANET’S HEALTH TOPICS November 9 and December 7 | 2:30pm

Join Nurse Janet to discuss important health topics. Health Topic classes are held virtually and in person. To attend in person call Nurse Janet directly at 847-285-4551 to register as seating is limited.

HOLIDAY PROGRAM INFORMATION

TEAR OFF TO RSVP IN-PERSON.
PAYMENT DUE AT REGISTRATION

NAME: _____

ADDRESS: _____

PHONE: _____

Holiday Party

DECEMBER 10 | 10:30-1:30PM | \$25

Join us at our annual holiday party at Chandler's Chophouse (401 N. Roselle Road, Schaumburg IL, 60194) on December 10, 2021! Doors open at 10:30. The party will include lunch, raffle prizes and great entertainment by Denise Armour.

Due to COVID-19 seating is very limited compared to years past. RSVP at 847-285-4541 or in-person by tearing off the top of page and turning it in at the Township Senior Services Department. Payment is due at registration. A waiting list will be created if the event-fills. In-person reservations are first come, first served.



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



PRSR STD
U.S. POSTAGE PAID
PERMIT NO. 154
SCHAUMBURG, IL



AARP TAX AIDE VOLUNTEERS NEEDED

Each year the Township partners with AARP to provide FREE income tax assistance. AARP Tax Aide seeks to help low- to moderate-income taxpayers file their state and federal returns at no cost. Volunteers are needed this year to help with registration, tax preparation, and site coordination. More details can be found at www.schaumburgtownship.org or by calling Anna in Senior Services at 847-285-4541.

TOWNSHIP ELECTED OFFICIALS



SUPERVISOR
Timothy M.
Heneghan



TRUSTEE
Robert N. Fiorio



TRUSTEE
Demetrius J.
Gibson



TRUSTEE
Lauren Saternus



TRUSTEE
Matthew J.
Steward



CLERK
W. Robert
Vinnedge



ASSESSOR
John R. Lawson, CIAO



**HIGHWAY
COMMISSIONER**
Scott M. Kegarise