



ACCESS POINT[→]

NEWSLETTER

January February 2023



AARP TAX AIDE

AARP Tax Aide seeks to assist low- to moderate-income taxpayers file their state and federal returns at no cost. Each year, the Township partners with the AARP Foundation to provide FREE income tax assistance. This year, tax appointments will return to in-person, one-on-one appointments. Appointments will be available from early February through early April and will be scheduled on a first-come, first-served, first available basis. In order to help as many people as possible, tax payers must have all of their tax documents collected before scheduling an appointment.

The Tax Aide Appointment Line will be open Monday - Friday from 9am-4pm beginning Tuesday, January 24. Please call 847-285-4597 to schedule an appointment. Due to the large number of calls for this popular program, all appointments must be made through this call line and no wait lists will be created.

For up-to-date information, visit schaumburgtownship.org to subscribe to the Senior eNewsletter. Appointment availability and a list of required documents will be provided in each edition throughout all of tax season. Due to COVID-19, this program is subject to change.

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RECREATION AND EDUCATION

Payment due at registration: cash, check, credit card (4%)

A CHORUS LINE



Wednesday, February 22 | Check-in: 10:15am | \$100
Registration Deadline: February 7
Drury Lane

This musical is set on the bare stage of a Broadway theater where dancers audition for spots on a chorus line. The play provides a glimpse into the personalities of the performers and the choreographer as they describe the events that have shaped their lives and decisions to become dancers. Lunch, admission and transportation included in the price.

A CHORUS LINE



A CHORUS LINE

A CHORUS LINE

A CHORUS LINE



BIG FISH



Wednesday, March 8 | Check-in: 10am | \$80
Registration Deadline: January 31
Marriott Lincolnshire

In this musical, Will believes his dying father, Edward, has never been honest with him because he creates extravagant myths about his past to hide himself, using storytelling as an avoidance mechanism. Will works to reconcile Edward's stories against his real life, either directly from Edward before he dies and/or from other sources. Lunch, admission and transportation included in the price.

RECREATION AND EDUCATION

Payment due at registration: cash, check, credit card (4%)

THE RED AFFAIR



Tuesday, February 14 | 11:45am | \$15

Registration Deadline: February 3

Riccardo's | 1170 S. Roselle Rd.

Whether you're alone or spending time with a special someone, smother yourself with love and comfort at our Valentine's Day party! Lunch will include magical mostaccioli, salad, bread and a beverage. Top it off with cozy conversation and beloved bingo! Don't forget to wear vivacious Valentine colors.



BASIC SPANISH-NEW



Wednesdays, February 1 - March 8 | 10:00am

\$5 per class | Registration Deadline: January 20

Did you know that learning a second language improves your memory, boosts your confidence and strengthens your decision making? Come join Rosalinda in the fun and learn about a new culture!



BALLROOM DANCE-NEW



Fridays, beginning February 3 | 3pm | \$5 per class

Registration Deadline: January 20

Ballroom dance is the perfect combination of physical activity, social interaction and mental stimulation that provides positive effects for the mind, body and spirit. No experience or partner required. Your instructor, Lydia will lead this fun filled class where you will learn how to Cha Cha, Swing, Waltz and Fox Trot.



RECREATION AND EDUCATION

Payment due at registration: cash, check, credit card (4%)



FIT FOR LIFE



Mondays | 9:30 | \$5

Fit for Life is a cardio conditioning class for all fitness levels. Jennifer is your instructor, and she will provide different level options. You will work on cardio, strength and balance with a functional approach. No experience necessary. Get fit and make new friends!



HATHA YOGA



Fridays | 9:15am | \$5

Hatha Yoga is a branch of yoga which uses physical techniques to preserve and channel the vital force or energy. This all-level class delivers fundamental poses that build strength, balance and flexibility. The typical class format is a sequence of flowing postures which focus on alignment and breath awareness. Participants are encouraged and guided to adapt poses to meet their individual needs.

EVENT ICON LEGEND



On-site
(1 Illinois
Blvd,
Hoffman
Estates, IL)



Off-site
(Less than
20 miles)



Off-site
(Over 20
miles)



None



Wheelchair
& Walker
Accessible



Light



Medium



Strenuous



FREE



\$0.01-
\$20.00



\$20.01-
\$50.00



\$50.00+



Donation



Registration
Required



No Registration
Required

RECREATION AND EDUCATION

Payment due at registration: cash, check, credit card (4%)

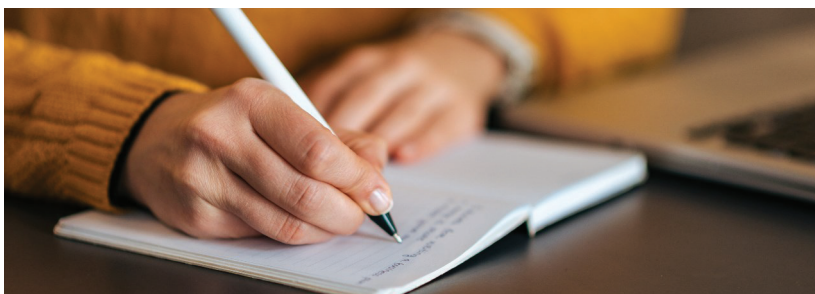


BOOK CLUB



Third Tuesdays | 2:30pm | FREE

In partnership with Schaumburg Township District Library, Senior Services offers a Senior Book Club. The library will offer a variety of best-selling (large print) titles and fun and interesting discussions. Books can be picked up at Senior Services each month. For more information or to register, contact Caryn at 847-285-4541.



CREATIVE WRITING



Tuesdays, February 7-March 14 | 10am | FREE

Guided by the principles of Creative Writing, beginning and advanced writers will free write to refine their talent. Writers are welcome to present a portion of their work in progress for constructive critique. Limit to 6 participants. This 6-week series will be every Tuesday, February 7 to March 14. Registration required.

ART CONNECTIONS



Mondays | 2pm | \$10

Not only is art a fun activity, but studies show art has many benefits for your physical and mental health. Improve your self-esteem and give yourself a greater sense of control. Plus, walk away with something you've created! No artistic skill required, but registration is.

KNIT & CROCHET GROUP



Fridays | 9am | FREE

Do you enjoy knitting or crocheting? Do you like to make new friends and socialize? Why not become a HandsOn Suburban volunteer to knit or crochet donations for local hospitals or hospices! Join our Knit and Crochet group on Friday mornings for some fun while giving back to the community. Bring your needles or hooks and ideas, yarn is provided through donations. Contact Kim at 847-285-4541 for help in getting signed up with HandsOn Suburban.

RECREATION AND EDUCATION

BREAKFAST SOCIAL



Did you know that socializing can lighten your mood and make you feel happier? Join us for breakfast! You may meet new friends and/or visit with old ones. Experience some great food while supporting local township restaurants.

Checkers

January 24 | 8am | On Own
Register By: January 19
506 Wise Road

Maxfields

February 28 | 8am | On Own
Register By: February 24
700 E. Schaumburg Road



RECCURING PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fit for Life 9am \$5	Walking Group* 8:45-9:45am	Coffee & Conversation* 9am 1st Wed	Walking Group* 8:45-9:45am	Hatha Yoga 9am \$5
Chair Yoga 1pm \$5	Zumba Gold 9:30am \$5	Diabetes Support Group* 10:30-11:30am 2nd & 4th Wed.	Zoom Bingo 10am FREE	Chair Yoga 1pm \$5
Art Connections 2pm \$10	Tai Chi 1pm \$5	Bridges to Memory* 2pm 3rd Wed.	In-Person Bingo 1pm \$1/card	

*Please call Nurse Janet at 837-285-4551 with questions or to register.

Pre-registration and payment encouraged. Utilize registration pages 7-8 for easy registration.

JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Township Offices Closed	3 8:45am Walking Grp 9:30am Zumba Gold 1pm Tai Chi	4 10am Coffee & Conversation	5 8:45am Walking Grp 10am Zoom Bingo 1pm Live Bingo	6 9:15am Hatha Yoga 1pm Chair Yoga
9 9:30am Fit for Life 1pm Chair Yoga 2pm Art Connections	10 8:45am Walking Grp 9:30am Zumba Gold 1pm Tai Chi	11 10:30am Diabetes Support Group	12 8:45am Walking Grp 10am Zoom Bingo 1pm Live Bingo	13 9:15am Hatha Yoga 1pm Chair Yoga
16 Township Offices Closed	17 8:45am Walking Grp 9:30am Zumba Gold 1pm Tai Chi 2:30pm Book Club	18 2pm Bridges to Memory	19 8:45am Walking Grp 10am Zoom Bingo 1pm Live Bingo	20 9:15am Hatha Yoga 1pm Chair Yoga
23 9:30am Fit for Life 1pm Chair Yoga 2pm Art Connections	24 8:45am Walking Grp 9:30am Zumba Gold 1pm Tai Chi	25 10:30am Diabetes Support Group	26 8:45am Walking Grp 10am Zoom Bingo 1pm Live Bingo	27 9:15am Hatha Yoga 1pm Chair Yoga
30 9:30am Fit for Life 1pm Chair Yoga 2pm Art Connections	31 8am Breakfast Social 8:45am Walking Grp 9:30am Zumba Gold 11am Cooking Class 1pm Tai Chi			Zoom Meeting ID: 471 587 2835 Please call 847-285- 4541 for the passcode.

FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Zoom Meeting ID: 471 587 2835 Please call 847-285-4541 for the passcode.	1	2 8:45am Walking Grp 10am Zoom Bingo 1pm Live Bingo	3 9:15am Hatha Yoga 1pm Chair Yoga 3pm Ballroom Dance
6 9:30am Fit for Life 1pm Chair Yoga 2pm Art Connections	7 8:45am Walking Grp 9:30am Zumba Gold 10am Creative Writing 1pm Tai Chi	8 10am Coffee & Conversation 10am Spanish	9 8:45am Walking Grp 10am Zoom Bingo No Live Bingo	10 9:15am Hatha Yoga 1pm Chair Yoga 3pm Ballroom Dance
13 9:30am Fit for Life 1pm Chair Yoga 2pm Art Connections	14 8:45am Walking Grp 9:30am Zumba Gold 10am Creative Writing 11:45am A Red Affair 1pm Tai Chi	15 10am Spanish 10:30am Diabetes Support Group	16 8:45am Walking Grp 10am Zoom Bingo 1pm Live Bingo	17 9:15am Hatha Yoga 1pm Chair Yoga 3pm Ballroom Dance
20 Township Offices Closed	21 8:45am Walking Grp 9:30am Zumba Gold 10am Creative Writing 1pm Tai Chi 2:30pm Book Club	22 10am Spanish 10:15am A Chorus Line 2pm Bridges to Memory	23 8:45am Walking Grp 10am Zoom Bingo 1pm Live Bingo	24 9:15am Hatha Yoga 1pm Chair Yoga 3pm Ballroom Dance
27 9:30am Fit for Life 1pm Chair Yoga 2pm Art Connections	28 8am Breakfast Social 8:45am Walking Grp 9:30am Zumba Gold 10am Creative Writing 1pm Tai Chi			

PROGRAM REGISTRATION

Name (Please Print)	Phone
Address, City, Zip Code	Email
Emergency Contact Name & Relationship	Emergency Contact Phone Number

[illegible]

PROGRAM REGISTRATION

[illegible]

TOWNSHIP SERVICES

COMMUNITY HEALTH NURSE

COFFEE & CONVERSATION

Join Community Health Nurse Janet each month for a discussion on common health and wellness topics. Please note the NEW TIME of 10am.

Functions of the Thyroid and Common Abnormalities

Wednesday, January 4 | 10am | FREE

Cataracts, Glaucoma and Macular Degeneration

Wednesday, February 1 | 10am | FREE

WALKING GROUP

Tuesdays and Thursdays | 8:45am

Walking group has moved indoors for the winter! Join Nurse Janet at the Township to follow along with a walking workout. This is a great way to get your steps in safely while staying warm inside.

Contact Nurse Janet at 847-285-4551 with any questions about these programs.



TRANSPORTATION

Transportation is able to help seniors and adults with disabilities get to local stores for shopping. Call Transportation at 847-882-1929 to schedule your ride.

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

TOWNSHIP SERVICES



ASSESSOR'S OFFICE

The Township of Schaumburg Assessor's office is a liaison to the Cook County Assessor's office. Their mission is to assist Township residents with accurate and prompt service. Staff are available to answer any questions, assist with appealing property assessments and process applications for property tax exemptions.

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 to its residents. The TRIP program allows eligible residents to receive transportation service from PACE within the boundaries of Barrington, Elk Grove, Hanover, Maine, Schaumburg, Palatine and Wheeling Township for medical purposes only. One way cost is \$5 per township line crossed during a single trip with a maximum of \$10 per one-way. For more information or an application, please contact Transportation at 847-882-1929.

PASSPORT SERVICES

Schaumburg Township can help with first time passports and renewals Monday-Friday from 9-4pm. The Township can also take photos for \$10 onsite. Visit schaumburgtownship.org or call 847-285-4561 for more information or with any questions. No appointments necessary—walk-ins welcome.



SOCIAL SERVICES

BENEFIT ACCESS PROGRAM

Benefit Access is a program from the Illinois Department on Aging that provides a discount to qualified individuals on the renewal of license plate stickers. Qualified individuals must be 65 years of age by December 31st of this year or be 16 years of age or older and totally disabled before January 1st of this year, live in the state of Illinois and meet income guidelines. The discount is good for two years and one car per household. Applications may take up to 8 weeks to be processed. Once approved for Benefit Access, recipients may also apply for the RTA Senior or Disability Ride Free permit. This allows you to use the Metra, RTA, CTA and certain PACE routes. Contact the Senior / Disability Department for help in applying or you can also go on-line to www.illinois.gov/aging.



AARP SMART DRIVER

AARP offers the Smart Driver program which provides participants a discount with participating auto insurance companies. The class covers new laws and regulations, driving awareness and how to be safe driving. The course can be taken in person or also online. For information on in person classes call 877-805-1286 or find a location near you offering the class at www.aarp.org/findacourse48. If you wish to do the course, online visit www.aarp.org/drivesafe42.

MEDICARE INSULIN COVERAGE

As part of the Inflation Reduction Act, beginning January 1, insulin covered by Medicare Part D plans will be capped at \$35 per month. Recipients also cannot be charged a deductible for covered insulin.

Beginning July 1, insulin utilized through an insulin pump and covered by Medicare Part B will also have a monthly price cap of \$35 put in place.

For more information on other Medicare changes included in the Inflation Reduction Act, visit medicare.gov.

SOCIAL SERVICES

MEDICARE ADVANTAGE PLANS

From January 1 to March 31st Medicare Advantage plan recipients can either switch Advantage plans or switch back to Original Medicare. Before making any decisions about a new Advantage plan, check with your provider as to which insurance plans they accept. When going back to Original Medicare recipients need to contact Medicare and decide which supplemental plan to choose for the 20% that Medicare doesn't cover, as well as a prescription drug plan. This is not the time to switch from prescription drug plan to another plan or from original Medicare to advantage plan. Disability and Senior Services has certified SHIP counselors staff who can assist with any questions. Call 847-285-4541 to schedule an appointment.



ENERGY AND WATER ASSISTANCE AVAILABLE

The Low-Income Home Energy Assistance Program and the Low-Income Household Water Assistance Program are open until May 31, 2023 or until funds are exhausted. Income limits are based on household size and income:

1 person	\$2,265
2 person	\$3,052
3 person	\$3,838

Applicants will need to provide social security cards for all household members, proof of all household income for the last 30 days, current utility bills (gas, electricity, and water) if you pay them, monthly rent amount if applicable, and Medicaid card if receiving cash assistance. Social Security and SSI recipients should also bring both their 2022 and 2023 benefit award letter. If you have applied for either of these programs in the fall, you have already applied for this program season. For additional information or to schedule an appointment, please call 847-285-4541.

DISABILITY SERVICES NEWS

ARC OF ILLINOIS EVENTS

The ARC of Illinois hosts multiple webinars and events each month geared towards individuals with disabilities and their families, advocates, and professionals.

January 12: Fears and Phobias: What's Normal? What's Not?

February 10: ADA & Best Practices when Applying for Jobs as a Person with a Disability.

Visit thearcofil.org/events for more information and to register for these events and to find out more about others.



#GENERATIONG

Join Gigi's Playhouse in furthering acceptance of all people through #GenerationG "I Accept You" Pledge. The #GenerationG community exists to "make the world a kinder, better place for all people." To learn more about #GenerationG and discover ways to spread acceptance in your community, visit gigisplayhouse.org/generationg-community-page/.



ILLINOIS TELECOMMUNICATIONS ACCESS CORPORATION

The Illinois Telecommunications Access Corporation (ITAC) provides free amplified telephones to Illinois residents who are hard of hearing. Schaumburg Township Disability Services is an ITAC selection center. Trained staff can provide education on the different phone options, help individuals test available phones and assist with submitting applications. Interested individuals should call 847-285-4541 to gain more information and schedule an appointment.



Township of Schaumburg
1 Illinois Boulevard
Hoffman Estates, IL 60169
Phone: 847-285-4541
www.schaumburgtownship.org
Facebook: @SchaumburgTownship
Twitter: @SchaumburgTwp
Facebook: @TOSDeafServices

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



TAKE CHARGE OF YOUR PAIN



Wednesdays, April 5-May 17 | 9:30am-12pm | FREE
Registration Deadline: March 8

This class is designed to help participants live a healthy life with chronic pain by managing their symptoms. This program teaches new strategies that will give participants the confidence, motivation, and skills needed to manage living with chronic pain. Classes are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. Class is limited to 12 participants.

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