2024 PROGRAMMING UPDATE

Renovation projects are expected to continue at the Township heading into the new year, including the addition of a second floor over the gym. This additional space, plus the ability to divide our current gym into smaller spaces, will allow the Township to respond to the growing need for programs. This renovation will take most of 2024 and will require some adjustments to our current programming.

Beginning January 2, 2024, Disability & Senior Services will be partnering with St. Peter Lutheran Church and School and the Alfred Campanelli YMCA to continue offering our fitness classes. All classes will continue to be held at their regularly scheduled day and time. Program staff will be onsite for all classes and will have Class Passes available for purchase. See below for a breakdown of where your favorite class will be held. Any classes or groups not listed will continue to be held at the Township unless otherwise noted.

St. Peter's Lutheran Church & School	Alfred Campanelli YMCA
202 E. Schaumburg Road, Schaumburg	300 W. Wise Road, Schaumburg
Monday, 1pm – Chair Yoga	Monday, 9:30am – Fit for Life
Tuesday, 9:30am – Zumba Gold	Friday, 8:15am – Fit for Life
Friday, 9:30am – Gentle Yoga	
3rd Friday, 10:30am – Meditation	
Friday, 1pm – Chair Yoga	

SEE PAGES 3 & 4 FOR BINGO UPDATES AND ANNOUNCEMENTS

INSIDE THIS ISSUE:

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RECREATION AND EDUCATION

Register in-person or by calling 847-285-4541. Payment due at registration: cash, check, credit card.

CHICAGO WOLVES GAME



Thursday, February 22 | 9am | \$45 Registration window: January 15–February 15

Puck drop is at 11am, so grab your jacket, and come cheer on the Chicago Wolves as they take on the Milwaukee Admirals at the All-State Arena. Lunch is on your own at the game. Fee includes Level 100 seat and transportation.



COOKING SKILLS AND SOCIAL



Tuesday, February 13 | 10:45am | \$56 Registration window: January 15–February 6

Grab your favorite apron and enjoy us creating a fabulous meal. We will be working with a private chef to create 3 incredible dishes to enjoy. The dishes will be Brussels Sprouts and bacon salad with a Balsamic vinaigrette, Beef-wrapped asparagus with garlic and red wine cream sauce, and an Herbed Potato gnocchi. This event is BYOB, so feel free to bring your favorite wine or beer. Fee includes class, lunch, and transportation.

LOST CHICAGOLAND DEPARTMENT STORES



Friday, January 26 | 10am | \$10 Registration window: January 1–22



Grab your favorite purse or wallet and take a walk back in time through Chicago area Department Stores like Marshall Field's, Sears, Carson Pirie Scott and more. We will take a guided tour and relive department store shopping through artifacts, pictures, video and mementos. After all the shopping memories, we will head to Rainbow Café for lunch. Lunch will be on your own. Fee includes tour and transportation.

RECREATION AND EDUCATION

Register in-person or by calling 847-285-4541. Payment due at registration: cash, check, credit card.



10 WARNING SIGNS OF ALZHEIMER'S



Wednesday, February 28 | 10:30am | FREE Registration Deadline: February 27

Join the Alzheimer's Association for a presentation about the warning signs of Alzheimer's disease. Learn about the difference between normal aging and Alzheimer's, common warning signs, the importance and benefits of early detection, next steps and expectations for the diagnostic process and resources available from the Alzheimer's Association.

Registration required.



DIAMOND PAINTING



2nd Tuesday | 11am | \$5 plus cost of kit

Diamond painting is a fun and easy to learn art form for people of all ages. It requires no prior experience in painting or drawing and the directions are simple to follow. Join Steve for a relaxing hour of art! Kits will range in price from \$10 to \$14 depending on how pieces you would like. A kit can last you multiple weeks depending how fast you work. Class payment due at the door or at registration via cash, check or card. Cost of kit paid to instructor by cash only.

BINGO BASH



Thursday, January 11 | 11:30am | FREE Registration deadline: January 8



Before the gym goes through a complete renovation for the next ten months, let's party! Join us for a delicious pizza lunch before our last in-person bingo. We want to go out with a bang!

RECREATION AND EDUCATION

Register in-person or by calling 847-285-4541. Payment due at registration: cash, check, credit card.

MFDITATION



3rd Friday | 10:30am | \$5 St. Peter's Lutheran Church

In this monthly 45 minute class, you will learn the foundational practices of mindfulness to calm and steady the mind. Suitable for all levels of experience. Camille will lead you through a different practice every month, starting with a gentle warm-up of the body, followed by an introduction and brief instruction leading into a guided meditation. Payment by cash or Class Pass at door.

ART CONNECTIONS



Mondays | 2pm | FREE | Township Building

Looking for an opportunity to explore your creativity? Art Connections provides participants the space to connect your creativity to your imagination. No experience or artistic skill necessary. This is currently a self-led class. We are currently looking for an instructor. If you are interested, please contact Disability & Senior Services at 847-285-4541.

IN-PERSON BINGO CHANGES



Thursdays, beginning January 18 | 1pm | FREE | Zoom

During construction, Thursday afternoon in-person bingo will move to Zoom. One time registration is required and bingo cards will be assigned. Gift cards will be given as prizes and will be available for pick up at the Township. Don't have access to Zoom? Call Disability & Senior Services to discuss how you can still participate.



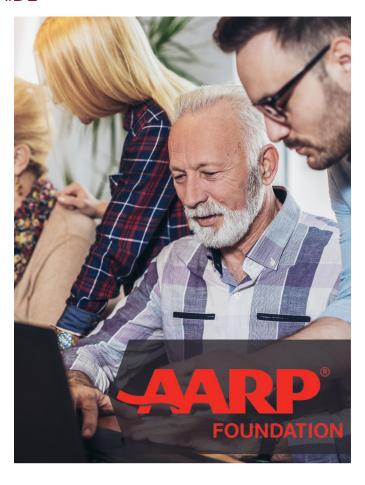
RECREATION AND EDUCATION

Register in-person or by calling 847-285-4541. Payment due at registration: cash, check, credit card.

FREE TAX PREPARATION WITH AARP TAX AIDE



Each year, the Township partners with the AARP Foundation to provide FREE income tax assistance. AARP Tax-Aide seeks to assist low- to moderate-income taxpayers file their state and federal returns at no cost. Appointments will be available from early February-April and will be scheduled on a first-come, first-served, first-available basis. Our Tax-Aide Appointment Call Line (847-285-4597) will be open Monday-Friday from 9-4pm beginning January 24. Due to the large number of calls for this popular program, all appointments must be made through this call line and no wait list will be created. For up-to-date information, visit schaumburgtownship.org to subscribe to the Senior eNewsletter.



AARP SCHEDULING VOLUNTEERS NEEDED

Disability & Senior Services is looking for 3-4 volunteers to help answer the AARP Tax Aide scheduling phone line beginning Wednesday, January 24. Time commitment includes at least 1 training session in mid-January and ability to help 2-3 days a week for 3 1/2 hour shifts either 9-12:30pm or 12:30-4pm. This is a great task for someone who is comfortable using a desktop computer to navigate the internet, talking on the phone, communicating detailed information, and collecting contact information. The scheduling line is open Monday–Friday, 9am-4pm beginning Wednesday, January 24 until all appointments are filled. If this sounds like something you'd be interested in helping with, please contact Becky Cordes, Director of Disability & Senior Services at 847-285-4542.

RECREATION AND EDUCATION

Register in-person or by calling 847-285-4541. Payment due at registration: cash, check, credit card.

CHICAGO HISTORY MUSEUM



Wednesday, March 27 | \$55 | 9:15am Registration window: February 26-March 15

Join us for a guided tour at the Chicago
History Museum for a special exhibition tour
City on Fire: Chicago 1871. A rapidly growing
city built of wood. A summer-long heat wave.
An exhausted and misdirected team of
firefighters. Racial, social, and economic
tensions bubbling just below the surface. All
Chicago needed was a spark. The Chicago
History Museum is the museum of the
Chicago Historical Society. Guided tour, lunch
and transportation are included in the price.

GUYS AND DOLLS



Wednesday, April 17 | 10:15am | \$95 Registration window: March 1–25 Drury Lane

Guys and Dolls is about a couple of big city gamblers and the ladies who adore them. The show will take you into the golden age of Broadway with wit, charm, and unforgettable songs like "Luck Be a Lady" and "Sit Down, You're Rockin the Boat." Cost includes lunch, show and transportation.

THE MUSIC OF JULIE ANDREWS



Thursday, March 21 | 10:45am | \$38
Registration window: February 1–March 7

Metropolis



For over 70 years, Julie Andrews has been a beloved star of stage and screen, beginning on Broadway in "My Fair Lady" and "Camelot" and such classic films as "Mary Poppins" and "The Sound of Music." She has won an Oscar, 2 Emmy Awards, 3 Grammys and 6 Golden Globes. Join us for the beautiful and poignant songs from Julie Andrews' repertoire. Lunch is on your own. Price includes admission and transportation.

RECREATION AND EDUCATION

Register in-person or by calling 847-285-4541. Payment due at registration: cash, check, credit card.

HOLIDAY CLOSURES

Township offices will be closed and all programs are cancelled for:

January 15 – Martin Luther King Jr. Day February 19 – President's Day

Regular business hours and programming will resume the following day at 8:30am.

ENEWSLETTERS

Stay up to date with the latest programming and township information with our eNewsletters. Visit schaumburgtownship.org or call 847-285-4541 to subscribe.



FEBRUARY IS BLACK HISTORY MONTH

Originally started as Negro History Week in 1926 by Carter G. Woodson, Black History Month was designated to pay deliberate time and attention to the history and accomplishments of Black Americans in history. Formally recognized by President Ford in 1976, February was chosen because the second week of the month coincides with Abraham Lincoln and Frederick Douglass' birthdays and was traditionally a time when African Americans held celebrations in honor of emancipation.

EVENTICON 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





\$0.01-\$20.00



\$50.00



\$50.00+



Donation



Required



Registration No Registration Required

RECREATION AND EDUCATION

Register in-person or by calling 847-285-4541. Payment due at registration: cash, check, credit card.

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

Tuesday, January 23 Registration deadline: January 16 506 Wise Road, Schaumburg

WILDBERRY

Tuesday, February 27 Registration deadline: February 20 1383 N. Meacham Road, Schaumburg



RECCURING PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fit for Life +	Walking Group*	Walking Group *	Walking Group*	Fit for Life+
9:30am \$5	8:45am	8:45am	8:45am	8:15am \$5
Caregiver	Zumba Gold^	All About Health*	Zoom Bingo	Knit & Crochet
Support Group	9:30am \$5	9am 1st Wed	10am FREE	9am FREE
11am	Tai Chi	Diabetes Support	Zoom Bingo	Gentle Yoga^
2nd Monday	1pm \$5	Group*	1pm FREE	9:30am \$5
Chair Yoga^ 1pm \$5		10:30am 2nd & 4th Wed.		Meditation^ 10:30am \$5
Art Connections 2pm \$10		Bridges to Memory* 2pm 3rd Wed.		3rd Friday Chair Yoga^ 1pm \$5

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

[^]Meets at St. Peter's Lutheran Church, 202 E. Schaumburg Rd, Schaumburg

⁺Meets at Alfred Campanelli YMCA, 300 W. Wise Rd, Schaumburg

JANUARY 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Township Closed	2 8:45am Walking 9:30am Zumba Gold^ 1pm Tai Chi	3 8:45am Walking 10am All About Health–Flu, Pneumonia, Shingles	4 8:45am Walking 10am Zoom Bingo 1pm In-Person Bingo	5 8:15am Fit for Life+ 9am Knit & Crochet 9:30am Gentle Yoga^ 1pm Chair Yoga^
9:30am Fit for Life+ 11am Caregiver Support Group 1pm Chair Yoga^ 2pm Art Connections	9 8:45am Walking 9:30am Zumba Gold^ 11am Diamond Paint 1pm Tai Chi	8:45am Walking 10:30am Diabetes Support Group	8:45am Walking 10am Zoom Bingo 11:30am Bingo Bash 1pm In-Person Bingo	8:15am Fit for Life+ 9am Knit & Crochet 9:30am Gentle Yoga^ 1pm Chair Yoga^
15 Township Closed	16 8:45am Walking 9:30am Zumba Gold^ 1pm Tai Chi 2:30pm Book Club	8:30am Feed My Starving Children 8:45am Walking 2pm Bridges to Memory	18 8:45am Walking 10am Zoom Bingo 1pm Zoom Bingo	8:15am Fit for Life+ 9am Knit & Crochet 9:30am Gentle Yoga^ 10:30am Meditation^ 1pm Chair Yoga^
22 9:30am Fit for Life+ 1pm Chair Yoga^ 2pm Art Connections	23 8:45am Walking 9:30am Zumba Gold^ 1pm Tai Chi	24 8:45am Walking 10:30am Diabetes Support Group	25 8:45am Walking 10am Zoom Bingo 1pm Zoom Bingo	26 8:15am Fit for Life+ 9am Knit & Crochet 9:30am Gentle Yoga^ 10am Lost Chicagoland Dept. Stores 1pm Chair Yoga^
29 9:30am Fit for Life+ 1pm Chair Yoga^ 2pm Art Connections	30 8am Breakfast Social 8:45am Walking 9:30am Zumba Gold^ 1pm Tai Chi	31 8:45am Walking	^ Meets at St. Peter's Lutheran Church + Meets at Alfred Campanelli YMCA	Zoom Info: Meeting ID: 471 587 2835 Please call 847-285-4541 for the passcode.

FEBRUARY 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
^ Meets at St. Peter's Lutheran Church + Meets at Alfred Campanelli YMCA	Zoom Info: Meeting ID: 471 587 2835 Please call 847-285-4541 for the passcode.		1 8:45am Walking 10am Zoom Bingo 1pm In-Person Bingo	2 8:15am Fit for Life+ 9am Knit & Crochet 9:30am Gentle Yoga^ 1pm Chair Yoga^
9:30am Fit for Life+ 1pm Chair Yoga^ 2pm Art Connections	6 8:45am Walking 9:30am Zumba Gold^ 1pm Tai Chi	8:45am Walking 9:30am All About Health— Cancer Screenings 10am In the Heights	8:45am Walking 10am Zoom Bingo 1pm In-Person Bingo	9 8:15am Fit for Life+ 9am Knit & Crochet 9:30am Gentle Yoga^ 1pm Chair Yoga^
9:30am Fit for Life+ 11am Caregiver Support Group 1pm Chair Yoga^ 2pm Art Connections	8:45am Walking 13 9:30am Zumba Gold^ 10:45am Cooking Skills & Social 11am Diamond Paint. 1pm Tai Chi 2:30pm Book Club	14 8:45am Walking 10:30am Diabetes Support Group	8:45am Walking 10am Zoom Bingo 1pm In-Person Bingo	16 8:15am Fit for Life+ 9am Knit & Crochet 9:30am Gentle Yoga^ 10:30am Meditation^ 1pm Chair Yoga^
19 Township Closed	20 8:45am Walking 9:30am Zumba Gold^ 1pm Tai Chi	21 8:45am Walking 2pm Bridges to Memory	22 8:45am Walking 9am Chicago Wolves 10am Zoom Bingo 1pm In-Person Bingo	23 8:15am Fit for Life+ 9am Knit & Crochet 9:30am Gentle Yoga^ 1pm Chair Yoga^
26 9:30am Fit for Life+ 1pm Chair Yoga^ 2pm Art Connections	27 8:45am Walking 9:30am Zumba Gold^ 1pm Tai Chi	28 8:45am Walking 10:30am Diabetes Support Group 10:30am 10 Warning Signs of Alzheimer's	29 8:45am Walking 10am Zoom Bingo 1pm In-Person Bingo	

TOWNSHIP SERVICES

COMMUNITY HEALTH NURSE

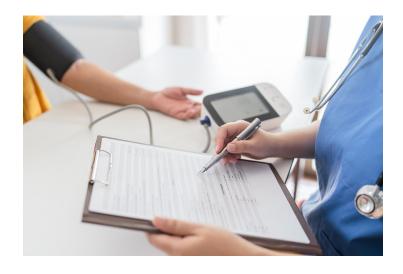
Community Health Nurse Janet Stachula offers a variety of educational, wellness, and low-cost services to Township residents. Low-cost services require appointments. Cash only. They include:

A1C Testing | \$12 Bone Density Screening | FREE Memory Loss Screening | FREE Blood Pressure Screening | FREE Cholesterol Screening | \$15

Contact Nurse Janet at 847-285-4551 with any questions or to schedule an appointment.

MEMORY LOSS SCREENING

If you or your loved one are concerned about the potential of memory loss, visiting Nurse Janet is a great first step. Through her Memory Loss Screening, she can help you determine if a visit to your primary physician would be helpful. Appointments are required. Call 847-285-4551 to schedule.





ALL ABOUT HEALTH 1st Wednesday | 10am | FREE

Join Nurse Janet the first Wednesday of each month as she discusses an interesting health topic. No registration required.

January: Flu/Pneumonia/Shingles

February: Cancer Screenings–Guest

Speaker from NCH

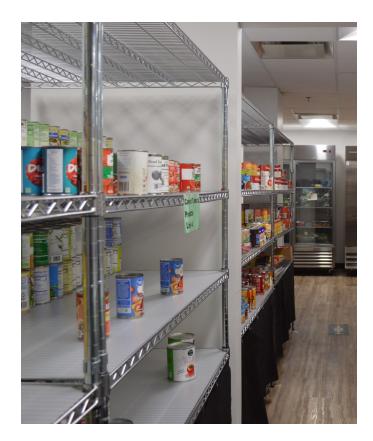
TOWNSHIP SERVICES

TRANSPORTATION

With winter here, we know driving can be nerve wracking. Schaumburg Township Transportation is available to help get you to and from your medical appointments and shopping trips within the Township. Open to Seniors (55+) and adults with permanent disabilities (18+). Rides must be scheduled at least 3 days in advance and are available on a first come, first serve basis. Riders must be registered with Transportation prior to service, which can be completed over the phone. Rides are \$1 each way.

Transportation is available Monday-Friday, 8:30am-3:30pm. Call 847-882-1929 to register and reserve rides.

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



FOOD PANTRY DONATIONS

The food pantry is in need of the following donations:

- Baby food/formula
- Canned meat
- Canned vegetables (no green beans)
- Canned fruit
- Condiments

Donations can be dropped off Monday-Friday 8:30am-5 at the Food Pantry. After 5pm Monday-Thursday, non-perishable donations can be left with the security guard at the main entrance. DO NOT leave donations outside the north entrance as they attract animals.

SOCIAL SERVICES

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

The SNAP program provides eligible households with a monthly benefit to supplement their grocery budgets to be able to purchase adequate, healthy food. The monthly SNAP benefit is determined based off a household's gross monthly income, housing expenses, and medical expenses. Each month, the SNAP benefits will be added to a LINK card that could be used to pay for food at most grocery stores.

Gross monthly income criteria for households with someone 60+ or on disability:

1 person household	\$2,430
2 person household	\$3,286
3 person household	\$4,142

For more information or to schedule an appointment, please contact Disability & Senior Services at 847-285-4541.

MEDICARE ADVANTAGE OPEN ENROLLMENT

From January 1 to March 31 each year, Medicare Advantage plan recipients can change Medicare Advantage plans or switch to traditional Medicare with a standalone prescription drug plan. If you are currently on a Medicare Advantage plan and would like to make a change, please call Disability and Senior Services at 847-285-4541 to schedule an appointment. You would need to provide your Medicare card, a list of your prescriptions with the dosage and frequency, and a list of your doctors.



SOCIAL SERVICES

MEDICARE ASSISTANCE PROGRAMS

<u>Medicare Savings Programs (MSP)</u> are state programs that assist Medicare beneficiaries with limited incomes and assets pay for Medicare Part A and B premiums and/or cost sharing amounts. You may qualify for a Medicare Savings Programs if you are a single person with a monthly income below \$1,665 and assets below \$9,090 or if you are a married couple with a monthly income below \$2,244 and assets below \$15,160.

Extra Help is a program to help Medicare beneficiaries with limited income and resources pay Part D premiums, deductibles, coinsurance, and other costs. To qualify for Extra Help, your income must be limited to \$21,870 for an individual or \$29,580 for a married couple. Also, your assets must be limited to \$16,660 for an individual or \$33,240 for a married couple.

<u>Medicaid</u> is a program that helps cover medical expenses for some people with limited income and resources. If you are on Medicare, to qualify for Medicaid your income must be below \$1,240/month and assets below \$17,500 for a single person. For a couple, your income must be below \$2,268/month and assets below \$17,500.

Disability and Senior Services staff can assist with the applying for these programs. Please call 847-285-4541 to schedule an appointment.



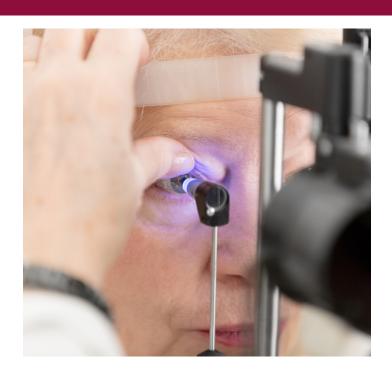
2024 COST-OF-LIVING ADJUSTMENT (COLA)

For 2024, more than 71 million Americans will receive a 3.2% increase in Social Security and Supplemental Security Income (SSI) benefits. In addition, the standard monthly Medicare Part B premiums will be \$174.90 for 2024. For more information regarding the COLA for 2024, you can visit Social Security's website at www.ssa.gov/cola/ or call 800-772-1213.

DISABILITY SERVICES NEWS

GLAUCOMA AWARENESS MONTH

January is Glaucoma Awareness Month.
Glaucoma is the leading cause of vision loss and blindness in the United States and has no early symptoms, so it's important to have regular dilated eye exams. Anyone can get glaucoma, but those at higher risk include people who are over age 60, are Black/African American and over age 40, are Hispanic/Latino, or have a family history of glaucoma. There is no cure, but early treatment can often stop it from damaging people's vision.



AGENCY SPOTLIGHT: JCFS CHICAGO

JCFS Chicago offers a variety of services to individuals with disabilities, at risk families and immigrants. JCFS Chicago infuses all their services with Jewish values and compassion and works to make the community inclusive and accessible for people of all ages. Visit jcfs.org to find out more about services, employment opportunities and ways to support their work. The Township of Schaumburg is a proud supporter of JCFS Chicago and the assistance they provide township residents.

JEWISH DISABILITY AWARENESS & INCLUSION MONTH

"The mission of Jewish Disability Awareness and Inclusion Month (JDAIM) is to unite Jewish communities worldwide to raise awareness and champion the rights of all Jews to be included and to participate in all aspects of Jewish life like anyone else." (www.chabad.org). Established in 2009 by the Jewish Special Education International Consortium, JDAIM is observed each February. Visit chabad.org for essays and articles written by people with disabilities, family and community members, as well as how-to guides to ensure people with disabilities are successfully included in Jewish life.



Township of Schaumburg 1 Illinois Boulevard Hoffman Estates, Il 60169

Phone: 847-285-4541

www.schaumburgtownship.org

@SchaumburgTownship

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f @TOSDeafServices

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MLK DAY OF SERVICE

In recognition of MLK Day and how important the support of a community is in our day-to-day lives, the Library and the Township of Schaumburg are partnering together to create care kits for Seniors. The Library is accepting throw blanket donations now—January 12, 2024. Then, on January 15, drop in and volunteer to help assemble the care kits.

Seniors can register to receive a care kit by calling Disability & Senior Services at 847-285-4541. Pickup will be held Wednesday, January 17 from 1-3pm at the Township building (One Illinois Blvd, Hoffman Estates).

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