REFER A FRIEND - GET REWARDED!

If you love our recurring programs and day trips – tell your friends and get rewarded! During January and February 2026, you can earn up to \$50 in free classes or program discounts by referring friends to join in the fun. The program is simple – when a resident registers for/attends their first trip/class and names you as a referral, you both receive the following:

<u>RECURRING PROGRAMS</u>: New attendees get their first class for free. Referring residents receive a voucher for one free class.

<u>DAY TRIPS</u>: New attendees receive a \$10 discount on their first day trip. Referring residents receive a voucher for a \$10 discount on their next day trip.

Please note:

- -New attendees must be Schaumburg Township residents who have not attended a DSS program in the last 2 years.
- -New attendees are eligible for ONE free class and ONE day trip discount.
- -Referring residents are eligible for up to FIVE referral bonuses total for a maximum of \$50 in bonuses.
- -Day trip vouchers can be combined.
- -Vouchers must be used by December 31, 2026.

CLASS PASS

Love our exercise and wellness classes? Get a Class Pass and save! The Class Pass can be used for any \$5 DSS exercise programs (Fit for Life, Sit & Sweat, Chairobics, Core Fusion, Zumba Gold, Chair Yoga, Tai Chi, Gentle Yoga and Meditation). Class Passes are \$45 and good for 10 classes. That's like purchasing 9 classes and getting 1 for free. Class Passes can be purchased at the DSS reception desk with cash, check or credit card.



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RECREATION AND EDUCATION

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

STABILITY MATTERS - FALL PREVENTION WORKSHOP



Monday, November 10 | 2pm | \$5 Registration Window: October 14 -November 7

Township of Schaumburg

Gain knowledge, confidence, strength and balance in this comprehensive 75 minute workshop. Dress comfortably for an exercise session. You'll learn:

- -Do's and don'ts at home and while on the go
- Lechniques to get back up in case of a fall
- -Core & lower body strength, coordination, balance and mobility and maintain bone health through a series of exercises—with at home handou



MILLION DOLLAR QUARTET



Wednesday, December 3 | 10am | \$96

Registration Window: November 3-November 26

Marriott Lincolnshire

Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley come together to celebrate the holidays at Sun Records studio, filled to the brim with Christmas cheer and enough musical talent to power a city grid. Jam-packed with the sounds of the season and the chart toppers that made the "Million Dollar Quartet" famous, the gang is up to their usual antics as we journey through stories of Christmas past, present, and future. Price includes lunch, admission and transportation.

DENNY DIAMOND CHRISTMAS SHOW



Tuesday, December 9 | 10am | \$72

Registration Window: November 5-December 5

White Fence Farm

Denny

Spread the cheer (and maybe a little eggnog). Denny Diamond brings a holiday tribute with classic Christmas and American songbook hits. Don't miss the chance to be moved by the magic of Christmas. Price includes lunch, show and transportation.

RECREATION AND EDUCATION

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



RECREATION AND EDUCATION

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

BREAKFAST SOCIAL 2026

JOIN US FOR BREAKFAST ONCE A MONTH TO MAKE NEW FRIENDS AND ENJOY OLD ONES! ALL BREAKFASTS BEGIN AT 8AM. SEPARATE CHECKS AVAILABLE. REGISTER ONE WEEK BEFORE EACH DATE AT 847-285-4541.



JAN 27

RISING EARLY CAFE

1477 W SCHAUMBURG RD SCHAUMBURG

FEB 24

SWEET ORANGE

933 S ROSELLE RD SCHAUMBURG

MAR 24

CHECKERS

506 WISE RD SCHAUMBURG

APR 28

RICHARD WALKER'S PANCAKE HOUSE

1300 N ROSELLE RD SCHAUMBURG

MAY 26

WILDBERRY PANCAKES & CAFÉ

1383 N MEACHAM RD SCHAUMBURG

JUN 23

FIRST WATCH

11418 GOLF RD SCHAUMBURG

JUL 28

EGG HARBOR CAFE

1310 AMERICAN LN SCHAUMBURG

AUG 25 CHECKERS

506 W WISE RD SCHAUMBURG

SEP 22

WALKER BROS. ORIGINAL PANCAKE HOUSE

18 S ROSELLE RD SCHAUMBURG

OCT 27

MAXFIELDS

700 E SCHAUMBRUG RD SCHAUMBURG

NOV 24 DENNYS

1175 N ROSELLE RD HOFFMAN ESTATES

DEC 22

RISING EARLY CAFE

1477 W SCHAUMBURG RD SCHAUMBURG



RECREATION AND EDUCATION

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

MAKE & TAKE



Wednesday, December 17 | 1pm | \$25 Registration Window: November 3-December 5 Township of Schaumburg

Join Kaleidoscope Floral Design to create a beautiful winter floral display. Registrants should bring garden gloves and clippers; other materials provided. Cost includes the class and a fresh, glowing, floral bouquet.



FEED MY STARVING CHILDREN



Wednesday, January 14th | 8:30am | \$5 Registration Window: December 8 - January 9 Schaumburg, IL

Join us as we volunteer at Feed My Starving Children. We will pack rice, soy, dried vegetables and a blend of vitamins and minerals. After a little hard work, we will eat at Egg Harbor Cafe. Lunch is on your own. The \$5 fee is for those needing transportation to the event. If you would like to drive yourself, please note registration is still required however, the fee will be waived.

EVENT ICON LEGEND



On-site (1 Illinois Blvd, Hoffman



Off-site (Less than 20 miles)



Off-site (Over 20 miles)



None



Wheelchair & Walker Accessible



Light



Medium



Strenuous





\$0.01-\$20.00



\$20.01-\$50.00



\$50.01+



Donation



Registration Required



No Registration Required

RECREATION AND EDUCATION

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

DSS COFFEE CHAT



Every 3rd Wednesday of the Month | 10am | FREE Township of Schaumburg

Join us for our Monthly Coffee Chat – an informal and welcoming opportunity to learn more about the range of disability and senior services available in our community. This monthly event is sponsored by the Township of Schaumburg's Disability & Senior Services Committee.

- -November 19
- -December 17



RECURRING PROGRAMS

TUESDAY WEDNESDAY MONDAY THURSDAY FRIDAY Fit for Life Walking Group* Walking Group* Walking Group* Fit for Life 9:30am | \$5 8:45am | FREE 8:45am | FREE 8:45am | FREE 9am | \$5 Stretch & Tone Zumba Gold Fit for Life AM Zoom Bingo Knit & Crochet 10:45am | \$5 9:30am | \$5 9:30am | \$5 10am | FREE 9am | FREE Caregiver Support **Diamond Painting** All About Health* In-person Bingo Gentle Yoga 10am | \$5 + Kit 1pm | \$1 per card or 9:30am | \$5 Group 10am | FREE | 1st 2nd & 4th Tues. 11am | FREE | 2nd & Wed. \$5 for 6 cards Stretch & Tone 4th Mon. Sit & Sweat Diabetes Support* 10:15am | \$5 Chair Yoga 10:45am | \$5 10:30am | FREE | 2nd Meditation 1pm | \$5 & 4th Wed. Core Fusion 10:30am | \$5 | Stretch & Tone 1st & 3rd Fri. 12pm | \$5 10:45am | \$5 Tai Chi Chair Yoga Chairobics 1pm | \$5 1pm | \$5 1pm | \$5 **Book Club** 2:30pm | FREE | 3rd Bridges to Memory* Tues. 2pm | FREE | 3rd Wed.

^{*}Please call Nurse Janet at 847-285-4551 with questions or to register.

	NOV	EMBER	2025	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am Fit for Life 10:45am Stretch & Tone 1pm Chair Yoga	48:45am Walking 9:30am Zumba Gold 10:45am Sit & Sweat 12pm Core Fusion 1pm Tai Chi 3-4pm DSS Closed	8:45am Walking 9:30am Fit for Life 10am All About Health: Inflammation & Anti-inflammatory Diets 10:15am Godspell 10:45am Stretch & Tone 1pm Chairobics	6 8:45am Walking 10am AM Zoom Bingo 1pm In-Person Bingo	9am Fit for Life 9am Knit & Crochet 9:30am Gentle Yoga 10:15am Stretch & Tone 10:30am Meditation 1pm Chair Yoga
9:30am Fit for Life 10:45am Stretch & Tone 1pm Chair Yoga 2pm Stability Matters 6pm Understanding IL ABLE Accounts	8:45am Walking 9:30am Zumba Gold 10am Diamond Painting 10:45am Sit & Sweat 12pm Core Fusion 1pm Tai Chi 3-4pm DSS Closed	8:45am Walking 9am Hollywood Casino 9:30am Fit for Life 10:30am Diabetes Support Group 10:45am Stretch & Tone 1pm Chairobics	8:45am Walking 10am AM Zoom Bingo 1pm In-Person Bingo	9am Fit for Life 9am Knit & Crochet 9:30am Gentle Yoga 10:15am Stretch & Tone 1pm Chair Yoga
9:30am Fit for Life 10:45am Stretch & Tone 1pm Chair Yoga	8:45am Walking 9:30am Zumba Gold 10:45am Sit & Sweat 12pm Core Fusion 1pm Tai Chi 2:30pm Book Club 3-4pm DSS Closed	8:45am Walking 9:30am Fit for Life 9:30am Shopping & Lunch 10am DSS Coffee Chat 10:45am Stretch & Tone 1pm Chairobics 2pm Bridges to Memory	8:45am Walking 10am AM Zoom Bingo 1pm In-Person Bingo	9am Fit for Life 9am Knit & Crochet 9:30am Gentle Yoga 10:15am Stretch & Tone 10:30am Meditation 1pm Chair Yoga

	NOV	EMBER	2025	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am Fit for Life 10:45am Stretch & Tone 11am Caregiver Support Group 1pm Chair Yoga	25 8:45am Walking 9:30am Zumba Gold 10am Diamond Painting 10:45am Sit & Sweat 12pm Core Fusion 1pm Tai Chi 3-4pm DSS Closed	26 8:45am Walking 9:30am Fit for Life 10am Miracle on South Division Street 10:30am Diabetes Support Group 10:45am Stretch & Tone 1pm Chairobics	27 Township Offices Closed	28 Township Offices Closed
				Zoom Info: Meeting ID: 471 587 2835 Please call 847-285-4541 for the passcode.

FREE AMERICAN FLAG TAKEBACK BOX

Did you know that when an American flag is damaged and is no longer fit to fly that you can bring it to the Township to be disposed of properly? The free Township Flag Takeback Box is located on the south side of our building (the side facing Schaumburg Road) and can be used at any time. The Township coordinates with the local VFW Post to dispose of them correctly. If you have any questions, please call 847-285-4561.



DECEMBER 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am Fit for Life 10:45am Stretch & Tone 1pm Chair Yoga	2 8:45am Walking 9:30am Zumba Gold 10:45am Sit & Sweat 12pm Core Fusion 1pm Tai Chi 3-4pm DSS Closed	3 8:45am Walking^ 9:30am Fit for Life 10am All About Health: How to Survive the Holidays 10am Million Dollar Quartet 10:45am Stretch & Tone 1pm Chairobics	48:45am Walking 10am AM Zoom Bingo 1pm In-Person Bingo	9am Fit for Life 9am Knit & Crochet 9:30am Gentle Yoga 10:15am Stretch & Tone 10:30am Meditation 1pm Chair Yoga
9:30am Fit for Life 10:45am Stretch & Tone 11am Caregiver Support Group 1pm Chair Yoga	9 8:45am Walking 9:30am Zumba Gold 10am Diamond Painting 10am Denny Diamond Christmas Show 10:45am Sit & Sweat 12pm Core Fusion 1pm Tai Chi 3-4pm DSS Closed	8:45am Walking^ 9:30am Fit for Life 10:30am Diabetes Support Group 10:45am Sister Act 10:45am Stretch & Tone 1pm Chairobics	8:45am Walking 10am AM Zoom Bingo 1pm In-Person Bingo	9am Fit for Life 9am Knit & Crochet 9:30am Gentle Yoga 10:15am Stretch & Tone 11am Holiday Extravaganza
9:30am Fit for Life 10:45am Stretch & Tone 1pm Chair Yoga	8:45am Walking 9:30am Zumba Gold 10am The Lovettes 10:45am Sit & Sweat 12pm Core Fusion 1pm Tai Chi 2:30pm Book Club 3-4pm DSS Closed	8:45am Walking^ 9:30am Fit for Life 10am DSS Coffee Chat 10:45am Stretch & Tone 1pm Chairobics 1pm Make & Take 2pm Bridges to Memory	18 8:45am Walking 10am AM Zoom Bingo 1pm In-Person Bingo	9am Fit for Life 9am Knit & Crochet 9:30am Gentle Yoga 10:15am Stretch & Tone 10:30am Meditation 1pm Chair Yoga

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 2:30am Fit for Life 0:45am Stretch & one 1am Caregiver Support Group pm Chair Yoga	23 8:45am Walking 9:30am Zumba Gold 10am Diamond Painting 10:45am Sit & Sweat 12pm Core Fusion 1pm Tai Chi 3-4pm DSS Closed	24 Township Offices Closed	25 Township Offices Closed	9am Fit for Life 9am Knit & Crochet 9:30am Gentle Yoga 10:15am Stretch & Tone 1pm Chair Yoga
29 2:30am Fit for Life 0:45am Stretch & one pm Chair Yoga	8am Breakfast Social: 8:45am Walking 9:30am Zumba Gold 10:45am Sit & Sweat 12pm Core Fusion 1pm Tai Chi 3-4pm DSS Closed	8:45am Walking^ 9:30am Fit for Life 10:45am Stretch & Tone 1pm Chairobics		Zoom Info: Meeting ID: 471 587 2835 Please call 847-285-4541 for the passcode.

The Township partners with the Cook County Sheriff's Office to offer a free Prescription Drug Takeback Box. Drop off your unused and expired prescription and nonprescription drugs in the container on the south side of the Township building (the side facing Schaumburg Road). This service is free and anonymous. No liquids or syringes are accepted. Drugs should not be brought into the Township building. Learn more about the Drug Takeback program at tinyurl.com/2wjszmhj.



NURSE SERVICES

DIABETES RESOURCES

November is Diabetes Awareness Month and Nurse Janet Stachula, RN, offers support for anyone living with diabetes or prediabetes.

DIABETES SUPPORT GROUP

Each 2nd and 4th Wednesday of the month, from 10:30-11:30am, Nurse Stachula offers a free Diabetes Support Group. The group is comprised of locals who are living with diabetes and prediabetes. Led by Nurse Stachula, participants discuss tips and tricks for managing diabetes and share personal experiences. If you aren't ready to share, you can just come for support. No registration is needed.

A1C TESTING

Nurse Stachula offers A1C testing by appointment, Tuesday-Thursday, for \$12 (cash only). A1C testing measures the amount of glucose (sugar) in your blood. It is used to help diagnose prediabetes/diabetes and to monitor how well you are managing your diabetes. If you don't have a diabetes diagnosis but have other symptoms like extreme thirst, increased urination, blurry vision or feeling tired all the time, you might consider checking your A1C. Additionally, if you have a family history of type 2 diabetes, previously had gestational diabetes, are obese or are sedentary, call Nurse Stachula to see if an A1C would be right for you. Once results are available, Nurse Stachula can refer you to a physician and share additional information for a healthy lifestyle.





ALL ABOUT HEALTH

1st Wednesday | 10am | FREE Township of Schaumburg

Join Nurse Janet to learn about pressing health topics each month. No registration required.

-<u>January 7</u>: Reading Food Labels

-<u>February 4</u>: End of Life Decisions- POA, Living Will, DNR

-<u>March 4</u>: Polypharmacology in Seniors

-<u>April 1</u>: Hospice vs Palliative Care

-<u>May 6</u>: Signs of an Unhealthy Gut &

Common Digestive Conditions

-<u>June 3</u>: Skin Conditions You Should be Aware of

-<u>July 1</u>: Heart Disease

-<u>August 5</u>: Why Aren't I Losing Weight

-<u>September 2</u>: Hearing and Hearing Loss

-<u>October 7</u>: Glaucoma, Cataracts &

Macular Degeneration

-November 4: Seasonal Depression

-<u>December 2</u>: Navigating Through the Holidays After a Loss

TOWNSHIP SERVICES



FOOD PANTRY DONATIONS NEEDED TO SUPPORT RECORD GROWTH

The Township Food Pantry continues to see record number of clients. In 2025, the average is over 1,300 families a month. In 2015, the monthly visit average was just under 600 families. While the pantry has great community partners who help supplement donations, the Township is only made possible with donations from the community. Food pantry recipients are about one third older adults, one third children and one third adults.

If you're able to give, we accept donations of nonexpired food items, including fresh and frozen goods, Monday-Friday, 8:30-5pm at our North entrance. After 5pm Monday-Thursday, nonperishable donations can be left with the security guard at the main entrance. Please do not leave donations outside any entrance as they attract animals. Paper goods, diapers and hygiene products are also accepted.

Monetary donations can be made online or in person. Checks may be written to Schaumburg Township Foundation with "food pantry" in the memo. You can even donate online at tinyurl.com/yc4bjsfh or from our Amazon Wishlist at https://a.co/9YbUnas.



TRANSPORTATION GROCERY SCHEDULE

Transportation Direct Line: 847-882-1929

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

TOWNSHIP SERVICES



VETERAN HONOR ROLL

The Township honors local veterans each month at our Board of Trustees meeting. If you are a veteran or know one that lives in the Township, please review the below eligibility requirements to apply. A veteran must have:

- -Served during a time of conflict
- -Honorable discharge
- -Reside within Schaumburg Township
- -A copy of your DD-214 Form
- -Completed the Veteran Honor Roll Application

Applications can be found at schaumburgtownship.org or in the Township's Clerk Office. Once honored, veterans are forever featured on our Veteran Honor Wall at the Township and invited to our annual Veteran Honor Roll Dinner each November.

PASSPORT RENEWAL PROCESS MADE EASY

The Township is a U.S. Passport Acceptance Agency. If you have an undamaged passport that has been expired for less than 5 years and you were at least 16 at the time of issuance, you can likely utilize the DS-82 form. The DS-82 can be completed on your own or online, but if you'd like some additional assistance, come to the Township Passport Office! A passport agent can review your application (free), take a passport-approved photo (\$10) and mail it for you (\$10). The passport office is open from 9-4pm on Monday, Tuesday, Wednesday and Friday and from 9-6pm on Thursdays. Have questions about your application? Call us at 847-285-4561.



SOCIAL SERVICES

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)

The LIHEAP program helps eligible low-income households with their gas and electric bills. To qualify for LIHEAP, the household's 30-day gross income must be at or below the following income guidelines:



\$3,332	1-person household
\$4,357	2-person household
\$5,382	3-person household
\$6,407	4-person household
\$7,432	5-person household

The following documents are required to apply for LIHEAP:

- -Social Security cards for everyone in the household
- -Proof of 30-day gross income for everyone in the household
- -Most recent gas and electric bills

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

MEDICARE OPEN ENROLLMENT AVAILABLE UNTIL DECEMBER 7

The Annual Medicare Open Enrollment Period runs until December 7. During this time, beneficiaries can review and make changes to their Medicare Prescription Drug plans (Part D) and Medicare Advantage plans (Part C) for next year and make sure you have the best plans for you. DSS Staff are certified Senior Health Insurance Program (SHIP) Counselors that can provide unbiased Medicare counseling and assist with enrollment. Please call 847-285-4541 to schedule an appointment or contact Medicare directly at 800-633-4227 for assistance.

ILLINOIS MMAI ENDING IN 2025 - TRANSITION TO FIDE SNPS IN 2026

Illinois' Medicare-Medicaid Alignment Initiative (MMAI) program will end on December 31, 2025. Starting January 1, 2026, the state will launch Fully Integrated Dual Eligible Special Needs Plans (FIDE SNPs) to coordinate Medicare and Medicaid services for dual-eligible beneficiaries. Members in Aetna, Humana, Meridian or Molina MMAI plans will be automatically enrolled in a corresponding FIDE SNP. Members who are currently in Blue Cross Blue Shield MMAI must choose a new plan or will default to Original Medicare and Medicaid with a standalone Part D plan on January 1, 2026. For more information, please contact DSS at 847-285-4541 or contact Medicare directly at 800-633-4227 for assistance.

DISABILITY SERVICES NEWS







Saturday, December 6 | 9am | FREE Registration Window: November 4-December 5 The Water Works (505 N. Springinsguth Road, Schaumburg, IL)

Santa needs a break from the workshop! As he gears up for the busiest night of the year, he is inviting all kids and their families for a splash-tastic time at The Water Works. Grab your swimsuits and get ready for some wet, holiday fun with Santa. This event is for people with disabilities and their families.



EMPOWERING THE FUTURE : UNDERSTANDING ABLE ACCOUNTS



Monday, November 10 | 6pm | FREE Registration Window: October 10-November 9 Township of Schaumburg

The ABLE Act of 2014 was created to help people with disabilities and their families. Nick Stavropoulos from Wintrust Investments will discussing the key features of an ABLE account (Achieving a Better Life Experience Account); a tax-advantaged savings account designed to help people with disabilities without affecting their eligibility for critical public benefits like SSI (Supplemental Security Income) and Medicaid.

SKATE PARTY



Saturday, January 17 | 4:30pm | FREE

Registration Window: December 1-January 16

Coachlite Skate Contar (1281 W. Brun Mawr Avenue, Posselle

We invite people with disabilities and their families to lace up and skate at our first community skate party! Roller skating is a fun family activity and is for everyone of all abilities! Individuals utilizing walkers or wheelchairs are also welcome on the skating rink. Let's get rolling!





Township of Schaumburg 1 Illinois Boulevard Hoffman Estates, Il 60169

Phone: 847-285-4541

www.schaumburgtownship.org

ff @SchaumburgTownship

@SchaumburgTownship

f @TOSDeafServices

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NATIONAL FAMILY CAREGIVER'S MONTH CARE PACKAGE GIVEAWAY



National Family Caregivers Month, observed each November, shines a spotlight on the millions of individuals who selflessly provide essential care and support to loved ones dealing with illness, disability or aging.

In honor of National Family Caregivers month, the Community Health Nurse, Janet Stachula, RN, will be offering care packages as a token of appreciation to family caregivers throughout the month of November, every Tuesday-Thursday from 8:30-4pm, while supplies last! Stop in to pick one up and get some information on resources available to you.



TOWNSHIP ELECTED OFFICIALS



SUPERVISOR Timothy M. Heneghan



TRUSTEE Holly Fath



TRUSTEE Robert N. Fiorio



TRUSTEE Demetrius J. Gibson



TRUSTEE Tom Pirovano



CLERK Kathleen Reed



ASSESSOR John R. Lawson, CIAO



HIGHWAY COMMISSIONER Timothy Buelow