

FEBRUARY 2025

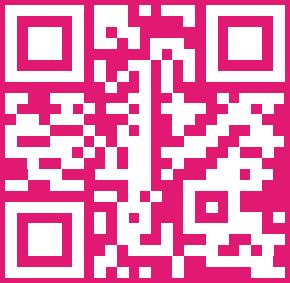


## DOWNERS GROVE TOWNSHIP SENIOR PROGRAMS

DOWNERS GROVE TOWNSHIP CENTER  
4341 Saratoga Avenue  
Downers Grove, IL 60515

**(630) 719-6670**

[www.dgtownship.com/senior-services/#senior-news](http://www.dgtownship.com/senior-services/#senior-news)  
Email: [humanservices@dgtownship.com](mailto:humanservices@dgtownship.com)



The Downers Grove Township Center provides programs and services designed to enhance the quality of life for our senior citizens 55 years of age and over. These programs promote independence and wellness to help older adults in the community remain active and healthy.

*We look forward to seeing you soon!*

Registration for February programs opens on January 23 at 9:00am

# Senior Programs

## February 2025

Register at 630-719-6670 or  
[www.myactivecenter.com](http://www.myactivecenter.com)



| Monday  |   | Tuesday   |  | Wednesday |  | Thursday  |   | Friday    |  |
|---|---|-----------|--|-----------|--|-----------|---|-----------|--|
| <b>3</b>  | <b>9:00</b> Talk Saves Lives  | <b>4</b>  | <b>9:30</b> Games & Crafts<br><b>10:30</b> Blood Pressure Clinic<br><b>11:00</b> Community Dining<br><b>1:00</b> Ageless Agility*<br><b>2:30</b> Games       | <b>5</b>  | <b>9:00</b> Men's Coffee & Conversation<br><b>11:00</b> Health Speaker at Community Dining<br><b>1:00</b> Stories from My Life<br><b>3:00</b> Chair Yoga | <b>6</b>  | <b>9:00</b> Just Us Seniors Spreading Sunshine<br><b>10:30</b> Our Planet & You*<br><b>2:30</b> Games<br><b>3:45</b> Relaxation Class | <b>7</b>  | <b>1:30</b> Musical Jam  |
| <b>10</b>   | <b>9:30</b> Bonus Games, Cards, Ping Pong & More!<br><b>1:00</b> Card Making*                       | <b>11</b> | <b>9:30</b> Games & Crafts<br><b>11:00</b> Community Dining<br><b>12:30</b> Trivia with Terry<br><b>1:00</b> Ageless Agility at Hustle*<br><b>2:30</b> Games | <b>12</b> | <b>9:30</b> Valentines Crafts<br><b>11:00</b> Alan & Jimmy at Community Dining<br><b>12:30</b> Bingo<br><b>3:00</b> Chair Yoga                           | <b>13</b> | <b>9:30</b> Bonus Games & Cards<br><b>12:00</b> Valentine's Dance (Off-Site)<br><b>2:30</b> Games<br><b>3:45</b> Relaxation Class     | <b>14</b> | <b>12:30</b> Blanket Making<br><b>1:30</b> The Bs at The Birches |
| <b>17</b><br><br><b>CLOSED IN OBSERVANCE OF PRESIDENTS' DAY</b> |   | <b>18</b> | <b>9:30</b> Games & Crafts<br><b>11:00</b> Community Dining<br><b>12:30</b> Terry & Tim's Acoustic Set<br><b>2:30</b> Games                                  | <b>19</b> | <b>9:30</b> Newcomer Meet & Greet<br><b>11:00</b> Community Dining<br><b>12:30</b> Sing-A-Long<br><b>1:30</b> Book Club<br><b>3:00</b> Chair Yoga        | <b>20</b> | <b>9:30</b> Spreading Sunshine SSS: Home Selling in the Spring Market<br><b>12:00</b> Games<br><b>2:30</b> Relaxation Class           | <b>21</b> | <b>11:30</b> Bunco<br><b>2:00</b> Karaoke                        |
| <b>24</b>   | <b>10:00</b> The Voice That Rocked America - Rescheduled*<br><b>1:00</b> Crafternoon: Centerpieces* | <b>25</b> | <b>9:30</b> Games & Crafts<br><b>11:00</b> Community Dining<br><b>12:30</b> Memory Cafe<br><b>12:30</b> Embracing A. I.*<br><b>2:30</b> Games                | <b>26</b> | <b>9:30</b> Winter/Spring Recipe Swap<br><b>11:00</b> Community Dining<br><b>12:30</b> Financial Bingo<br><b>3:00</b> Chair Yoga                         | <b>27</b> | <b>9:30</b> How To: Play Yahtzee<br><b>12:00</b> Hidden Gems Road Trip*<br><b>2:30</b> Games<br><b>3:45</b> Relaxation Class          | <b>28</b> | <b>1:00</b> Popcorn Matinee                                      |

\* \$5 cost to participate

Registration for February programs opens January 23 at 9:00am



**COME ENJOY LUNCH WHILE SOCIALIZING  
WITH OTHERS IN OUR COMMUNITY**

# Community Dining

DuPage Senior Citizens Council will serve  
hot, nutritional meals to senior citizens 60+  
on Tuesdays and Wednesdays  
from 11:00 am - 12:00 pm.

**Downers Grove Township Center**  
4341 Saratoga Avenue  
Downers Grove, IL 60515

**Meals are a suggested donation of \$5**

**REGISTER BY 10AM THE WEDNESDAY PRIOR  
AT 630-642-8517**



**COMMUNITY DINING MENU** Downers Grove Township  
(630) 642-8517 FEBRUARY 2025

| MONDAY | TUESDAY   | WEDNESDAY   | THURSDAY | FRIDAY  |
|--------|---|---|----------|---|
|        | Cheddar Broccoli Chicken<br>Rice Casserole<br>Cauliflower<br>Whole Wheat Roll<br>Warm Pear/Cran. Crumble<br>3         | Salisbury Steak<br>Mashed Potatoes<br>Corn<br>Multi-Grain Dinner Roll<br>Pineapple Tidbits<br>4                       |          | Downers Grove<br>Township Center<br>4341 Saratoga Ave<br>Downers Grove, IL<br>7 |
|        | Spaghetti & Meatballs<br>Marinara Sauce<br>Mixed Salad Greens<br>Multi Grain Bread<br>Warm Peach Cobbler<br>10        | Hamburger<br>German Potato Salad<br>Green Beans<br>Wheat Bun<br>Apple Sauce<br>11                                     |          |   |
|        | BBQ Riblet<br>Oven Fries<br>Black Beans & Corn<br>Wheat Bun<br>Whole Apple<br>17                                      | Roast Turkey w/Cheddar<br>Veggie Rice Pilaf<br>Broccoli<br>Chef's Fruit<br>Biscuit<br>Oatmeal Raisin Cookie (*)<br>18 |          |   |
|        | Chicken Chardonnay<br>Mashed Potatoes<br>Broccoli<br>Multi Grain Bread<br>Fresh Orange<br>Chocolate Pudding (*)<br>24 | Texas Chili<br>Mac & Cheese<br>Country Blend Veggies<br>Multi Grain Bread<br>Fruit Cup<br>25                          |          |   |
|        |   |   |          | All Meals Include a Beverage<br>(*) Substitutions for Diabetic<br>26 27 28      |

MENU ITEMS SUBJECT TO CHANGE WITHOUT NOTICE DGTS

# PLEASE REGISTER IN ADVANCE FOR ALL EVENTS!

Visit [www.myactivecenter.com](http://www.myactivecenter.com) or call 630-719-6670.



**REGISTRATION FOR FEBRUARY PROGRAMS  
OPENS ON JANUARY 23 AT 9:00AM**

Sign up early so you don't miss out! Waitlists will be formed once events reach capacity.

*If you are unable to attend an event, kindly call and let us know so that we can accommodate others who are interested.*

## JUST A REMINDER

Township Center doors will be opened 30 minutes before the start time of an event.



*When visiting Downers Grove Township you may park in front of both the Township Center building (4341 Saratoga Avenue) or the Administrative Offices building (4340 Prince Street). Additional parallel parking is located on Sherman Street. Please be careful in our parking lot and consider carpooling when you can. Parking is limited!*

**Downers Grove Township Center  
4341 Saratoga Avenue, Downers Grove, IL 60515**





## TALK SAVES LIVES

**VOA Illinois, presented by Robert Hopper, and Hines VA Hospital** have partnered to present Talk Saves Lives. This presentation about suicide prevention will cover what we know about this leading cause of death, the most up-to-date research on prevention, and what we can all do to help save lives. Participants will learn the common risk factors for suicide, how to spot the warning signs in others, and practical examples for how to engage in critical conversations and connect to resources.

**Monday, February 3, 2025**  
**9:00 AM - 12:00 PM**



## OPEN CRAFTING

Bring along a craft project you've been working on at home, or use our spare supplies, and enjoy a creative morning with others who share your passions. Whether you love crafting, knitting, crocheting, scrapbooking, stamping, quilting, or painting, there's a spot at our table just for you. Join us for coffee, conversation, and a delightful crafting experience!

**Tuesdays, February 4, 11, 18, 25 2025**  
**9:30 AM - 11:00 AM**

## GAMES, CARDS, PING PONG, & MORE!

Join us for a fun time filled with games, puzzles, and playing cards, or challenge a friend to a friendly game of ping pong! Connect with other seniors, enjoy a cup of coffee, and socialize in a warm, welcoming atmosphere. Feel free to bring a friend along for the fun!

**Tuesdays, February 4, 11, 18, 25, 2025**  
**9:30 AM - 11:00 AM & 2:30 PM - 3:30 PM**

**Thursdays, February 6, 13, 20, 27, 2025**  
**2:30 PM - 3:30 PM**



## BLOOD PRESSURE CLINIC

**Northwestern Medicine**, in collaboration with Downers Grove Township, is offering a free blood pressure screening clinic along with valuable stroke awareness education for local residents. These services are available on the first Tuesday of every month, providing a vital opportunity for community members to monitor their health.

**Tuesday, February 4, 2025**  
**10:30 AM - 11:30 AM**



**Register at [www.myactivecenter.com](http://www.myactivecenter.com) or call 630-719-6670**

**Downers Grove Township Center | 4341 Saratoga Avenue, Downers Grove, IL 60515**



## AGELESS AGILITY

Imagine a workout perfectly tailored to you, designed to boost your balance and strength, helping you stay confident and unstoppable—both in the gym and in everyday life! Say goodbye to those wobbly moments and hello to a new level of stability. Our 35-minute strength and agility classes, **presented by Hustle Fitness**, are specifically designed for seniors and adaptable to various fitness and mobility levels. Each class is carefully crafted to strengthen your foundation and enhance your confidence with every move. \*Note, these are not seated workouts.

**Tuesday, February 4, 2025**  
**1:00 PM - 1:35 PM**

**Cost: \$5**



## HEALTH & WELLNESS SPEAKER AT COMMUNITY DINING

The DuPage Senior Citizens Council is sponsoring a Health and Wellness Speaker at Community Dining!

**To register for Community Dining,  
call 630-642-8517.**

**Wednesday, February 5, 2025**  
**11:00 AM - 12:00 PM**

## MEN'S COFFEE AND CONVERSATION

Come be a part of Coffee and Conversation, an exclusive gathering for men! Enjoy a warm cup of coffee while engaging in lively discussions on topics that matter to you—from sports and hobbies to personal experiences and current events. This is a great opportunity to connect with other guys, share your thoughts, and build camaraderie in a relaxed setting. Whether you're here to chat or listen, your voice is welcome.

**Wednesday, February 5, 2025**  
**9:00 AM - 10:00 AM**



## STORIES FROM MY LIFE

Join us for a captivating presentation as 96-year-old **Don Westlake** shares his remarkable life story. From his early days as a chemist during the Korean War to his influential work at Argonne National Laboratory, Don has lived a life full of purpose, adventure, and love. As a devoted father and husband, he has found joy in embracing life as it is, right in the present moment. In this talk, Don will take you on a journey through his memoirs, travels, and unforgettable experiences.

**Wednesday, February 5, 2025**  
**1:00 PM - 2:15 PM**



**Register at [www.myactivecenter.com](http://www.myactivecenter.com) or call 630-719-6670**



## CHAIR YOGA

Join us for a gentle exercise class focused on stretching and strengthening! This session includes both seated and standing chair yoga postures, designed to enhance your flexibility, mobility, relaxation skills, balance, and coordination. Come and experience the benefits of mindful movement in a supportive environment!

**Presented by MKH Yoga**

**Sponsored by Friends For Downers Grove Township Seniors**

**Wednesdays, February 5, 12, 19, 26, 2025**  
**3:00 PM - 4:00 PM**

***This is not a series. Sign up for each date individually!***



## SPREADING SUNSHINE

Make a difference in our community by volunteering! Each month, we offer a variety of projects that support local organizations. Your contributions help create a positive impact for those around us. Join us in giving back and enriching the lives of our community members!

**1st Thursday, February 6, 2025**  
**10:30 AM - 11:30 AM**

**3rd Thursday, February 20, 2025**  
**9:30 AM - 10:30 AM**

## JUST US SENIORS

Join us for coffee and conversation as we explore the journey of growing older in our community. This forum is a welcoming space for individuals to seek and provide support on age-related topics. Share your thoughts, ask questions, and learn about local senior services from Downers Grove Township staff. Your input will be valuable and will be shared with the Downers Grove Township Senior Advisory Committee. Come be a part of this important discussion!

**Thursday, February 6, 2025**  
**9:00 AM - 10:00 AM**



## OUR PLANET AND YOU - PRESENTED BY SCARCE

Join **SCARCE** for an engaging presentation on the vital connection between our planet's health and our responsibility to protect it. This session will focus on practical steps we can take to care for water, soil, and air quality. The presentation will begin with an environmental update, showcasing insights from the animal kingdom that help us care for the Earth. We'll explore groundbreaking technologies that conserve resources and reduce our impact. Learn about innovative farming practices promoting sustainability, and get guidance on properly recycling difficult items like syringes and epi-pens. SCARCE will share 2025 recycling updates, so you can make informed choices about waste. The session will also highlight local environmental efforts and the Township's progress toward earning the Earth Flag designation. Don't miss this chance to gain valuable insights and discover how we can all help the planet.

**Thursday, February 6, 2025**  
**12:30 PM - 2:00 PM**

**Cost: \$5**

**Downers Grove Township Center | 4341 Saratoga Avenue, Downers Grove, IL 60515**



## RELAXATION CLASS (MINDFULNESS)

Feeling stressed? Let your worries melt away as you practice calming breathing exercises, guided visualization, and other mindful techniques aimed at reducing stress and enhancing your overall well-being. Sign up for each session individually. Come unwind with us!

**Presented by Nate Underhile**

**In partnership with Metropolitan Family Services**

**Thursdays, February 6, 13, 20, 27, 2025**  
**3:45 PM - 4:15 PM**

***This is not a series. Sign up for each date individually!***



## GAMES, CARDS, PING PONG, AND MORE! - BONUS SESSIONS

It's your lucky day when we add more time to come hang out with your friends at the Senior Center. Come play games, cards, or grab a cup of coffee and catch up with your friends.

**Monday, February 10, 2025**  
**Thursday, February 13, 2025**  
**9:30 AM - 11:00 AM**

## MUSICAL JAM

Calling all musicians and music lovers! Do you play an instrument and want to jam with fellow seniors? Or perhaps you'd like to enjoy live performances from others? Join us for a lively jam session! Bring your instrument and a music stand, and if you have sheet music to share, feel free to bring that along as well. Come enjoy an afternoon of live music and camaraderie—let's make some beautiful sounds together!

**Friday, February 7, 2025**  
**1:30 PM - 3:30 PM**



## CARD MAKING

Join **Lou Smolinski**, our resident card expert for a fun and creative workshop where you'll learn to make your own homemade greeting cards! Explore a variety of rubber stamping and paper crafting techniques as she guides you through the process. Unleash your creativity and craft beautiful cards to share with your loved ones!

**Monday, February 10, 2025**  
**1:00 PM - 3:00 PM**

**Cost: \$5**



**Register at [www.myactivecenter.com](http://www.myactivecenter.com) or call 630-719-6670**



## TRIVIA WITH TERRY

Join us for a fun-filled afternoon of trivia hosted by the one and only Terry! Test your knowledge, enjoy delicious snacks, and connect with friends old and new. It's the perfect chance to challenge yourself, have a few laughs, and maybe even help win bragging rights for your team. Don't miss out on this exciting and social event!

**Tuesday, February 11, 2025**  
**12:30 PM - 2:00 PM**



## VALENTINES CRAFTS

Let imagination take flight as you get lost in pinks, reds, and glitter galore. Valentines craft materials will be out and available for use during this hour long session. Whether you want to hand craft the perfect valentine for a friend or loved one or create your next home decor masterpiece, we've got you covered.

**Wednesday, February 12, 2025**  
**9:30 AM - 10:30 AM**

**Register at [www.myactivecenter.com](http://www.myactivecenter.com) or call 630-719-6670**

## AGELESS AGILITY AT HUSTLE FITNESS

Put on your workout gear and meet up with your fitness friends at our Hustle Fitness: Willowbrook meet up event! **Hustle Fitness** will be hosting an Ageless Agility fitness class for Township Seniors on site in their Willowbrook Studio! Join us for a 35 minute strength and agility class tailored specifically for older adults. *Please note, this is NOT a chair-based fitness class*

**Off Site Program**  
**Hustle Fitness (Willowbrook location)**  
**74 63rd Street, Willowbrook, IL 60527**

**Tuesday, February 11, 2025**  
**1:00 PM - 1:35 PM**  
**Cost: \$5**



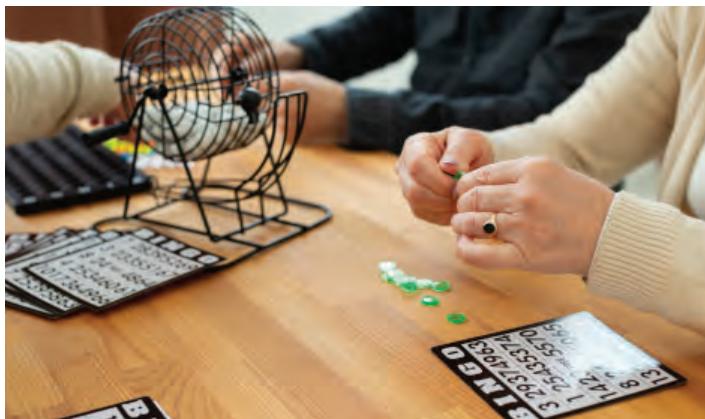
## ALAN AND JIMMY AT COMMUNITY DINING

Join us at Community Dining with Alan and Jimmy! The boys are back together and ready to delight you this month with some Crooner Tunes. *To register for Community Dining, please call 630-642-8517.*

**Wednesday, February 12, 2025**  
**11:00 AM - 12:00 PM**



**Registration for February programs  
opens on January 23 at 9:00am**



## BINGO

Join us at the Township Center for an exciting afternoon of Bingo! This popular event fills up quickly, so be sure to sign up early! Enjoy the chance to win prizes while indulging in delicious dessert. Plus, we'll take a moment to celebrate all the special monthly birthdays. Don't miss out on the fun—come and be part of the festivities!

**Sponsored by Clemens Enterprises**

**Wednesday, February 12, 2025**  
**12:30 PM - 2:00 PM**



## SEASONS OF GIVING: BLANKET MAKING

At Seasons of Giving, you can make a difference in the lives of those in need! In this hands-on workshop, participants will create cozy no-sew blankets to be donated to local community organizations. No experience is required—our staff will guide you through the process, providing all materials and instructions. This is a wonderful opportunity to learn a new skill, connect with others, and spread warmth and comfort to those who need it most. Bring your creativity and a friend, and let's work together to create something special for our community. Join us in making a positive impact, one blanket at a time!

**Friday, February 14, 2025**  
**12:30 PM - 2:30 PM**

## VALENTINE'S DANCE

Join us for a heartwarming afternoon of joy and connection at our free Valentine's Day Dance! There will be music, dancing, refreshments, and other fun activities. This special event is just for seniors and is dedicated to celebrating love, friendship, and community in a festive and inviting atmosphere. Thank you to the **Downers Grove Park District** for partnering with us for this event.

**Off Site Program**  
**Lincoln Center**  
**935 Maple Avenue, Downers Grove, IL 60515**

**Thursday, February 13, 2025**  
**12:00 PM - 2:00 PM**



## THE Bs AT THE BIRCHES

Bingo, Bunco, and Brain Games, Oh My! Come play The Bs at the Birches every month on this rotating schedule! In February, roll the dice and take a chance with Bunco! Come enjoy this social dice game with your friends with the Township at the Birches!

**Sponsored by The Birches**

**2nd Friday of every month**  
**Friday, February 14, 2025**  
**1:30 PM - 2:30 PM**

**Off Site Program**  
**The Birches Assisted Living and Memory Care**  
**215 55th Street**  
**Clarendon Hills, IL 60514**



**Downers Grove Township Center | 4341 Saratoga Avenue, Downers Grove, IL 60515**



## TERRY & TIM'S ACOUSTIC SET

Fifty years ago, Tim was a singer-songwriter performing solo at clubs along the SIU strip. One night, Terry, who shared a similar musical taste, caught Tim's act and suggested they team up as a duo. The chemistry was instant—Terry on lead guitar and mandolin, Tim as the lead vocalist and rhythm guitarist. It didn't take long for the duo to become a favorite at local clubs and coffeehouses. Now, after decades of making music together, Tim and Terry invite you to join them for an acoustic performance of timeless songs from the 50s, 60s, and 70s.

**Tuesday, February 18, 2025**  
**12:30 PM - 1:30 PM**



## SING-A-LONG

Join us for a traditional Sing-A-Long session to unleash your inner songbird with some classics. A binder with words to each song will be provided. Songs will be accompanied and led by **Bob Jerosky** on guitar.

**Wednesday, February 19, 2025**  
**12:30 PM - 2:00 PM**

## NEWCOMER MEET AND GREET

Welcome to all new(ish) seniors at our Senior Center! Whether you are just now thinking of coming to your first program, have been to one or two, or have been coming for a few months, join us for a little meet and greet. Spend time with our Senior Center staff and a few Senior Center regulars as we explain the ins and outs of the Senior Center, answer any questions you may have, play games, have coffee, and just enjoy a relaxed environment where you can get to know some friendly faces. Stay for Community Dining and meet so many new faces! Don't worry, we can introduce you!

**Wednesday, February 19, 2025**  
**9:30 AM - 10:30 AM**



## BOOK CLUB

Join us for our book club meeting and dive into engaging literary discussions! Contact the Township office to pick up your copy of this month's book when you register. We look forward to sharing insights and connecting over great reads!

**Located in Board Room of  
4340 Prince Street in Downers Grove**

**Wednesday, February 19, 2025**  
**1:30 PM - 2:30 PM**



**Register at [www.myactivecenter.com](http://www.myactivecenter.com) or call 630-719-6670**



## SENIOR SURVIVAL SKILLS: HOME SELLING IN THE SPRING MARKET

Join us for an insightful presentation on "Home Selling in the Spring Market." This session will provide expert advice from **Joanne Rancich** on how to navigate the competitive spring real estate market, highlighting key strategies for successfully selling your home. Learn how to effectively prepare your home for sale, understand market trends, set the right price, and attract potential buyers. Whether you're a first-time seller or a seasoned pro, this session offers valuable insights to help you achieve the best possible outcome in the spring housing market. Lunch will be provided.

**Thursday, February 20, 2025**  
**12:00 PM - 2:00 PM**

## KARAOKE

You don't have to be a pro to enjoy Karaoke! Join us for a fun and low-pressure chance to belt out your favorite tunes like a true rockstar. Whether you want to sing solo, team up with a friend, or join a group, it's all about having a great time. No judgement—just pure fun! Come share your musical spirit with us!

**Friday, February 21, 2025**  
**2:00 PM - 3:30 PM**



## BUNCO

Experience a lively afternoon of fun with our social group dice game—no skill required! It's a fast-paced game that guarantees lots of laughs and great company. Don't miss out on the excitement!

**Friday, February 21, 2025**  
**11:30 AM - 1:00 PM**



**Registration for February programs  
opens on January 23 at 9:00am**

## THE VOICE THAT ROCKED AMERICA - RESCHEDULED

**Filmmaker Pamela Enzweiler-Pulice** will present a preview of her documentary and a follow-up question and answer session about the legendary DJ who introduced The Beatles to U.S. radio audiences, sang "On Top of a Pizza", entertained teenagers with corny knock knock jokes, and created a lasting bond with his legions of loyal listeners. The Voice That Rocked America is a one-hour documentary about Hall of Fame Radio Disc Jockey, Dick Biondi. Dick's connection with audiences endured for six decades, and the bands he promoted have never forgotten his generosity. His story is told through archival photos and footage, re-creations, and interviews with recording artists, broadcasters, fans, friends and Dick Biondi himself.



**Monday, February 24, 2025**  
**10:00 AM - 11:30 AM**  
**Cost: \$5**

**Downers Grove Township Center | 4341 Saratoga Avenue, Downers Grove, IL 60515**



*Photo Credit: James Cress Florist*

## CRAFTERNOON: CENTERPIECES FOR YOU & ME

Have you ever admired the stunning centerpieces at special events or the beautifully themed displays at the Senior Center each month? Now's your chance to learn the secrets behind them! Join **Wendy Jerosky**, a true centerpiece extraordinaire, as she shares her expert tips and guides you through creating your very own unique designs. And here's the best part: you'll craft not one, but two centerpieces—one to be showcased at the Senior Center in the coming months and another to take home and enjoy. Come unleash your creativity and craft with us!

**Monday, February 24, 2025**

**1:00 PM - 3:00 PM**

**Cost: \$5**



## EMBRACING ARTIFICIAL INTELLIGENCE

Feeling overwhelmed or scared by the buzz around AI? This informative event is designed just for you! Todd will demystify artificial intelligence, showing you practical ways to integrate it into both your professional and personal life. From enhancing productivity at work to simplifying everyday tasks at home, discover how AI can become your helpful sidekick. Join us for an engaging session filled with easy-to-follow tips, real-life examples, and an interactive Q&A to ensure you leave feeling confident and excited about the possibilities. No prior knowledge of AI required - just bring your curiosity!

**Presented by Todd Thorson**

**Tuesday, February 25, 2025**

**12:30 PM - 2:00 PM**

**Cost: \$5**

**Register at [www.myactivecenter.com](http://www.myactivecenter.com) or call 630-719-6670**

## MEMORY CAFE

Come be a part of this free monthly event designed for individuals living with dementia and their care partners. This event offers a supportive space where each pair can engage in gentle, group fitness exercises while also connecting with others in similar situations. It's a wonderful opportunity to build relationships, share experiences, and promote well-being in a caring, social environment.

**Presented by Mark Davis**

**Sponsored by Terra Vista**

**Located in Board Room of  
4340 Prince Street in Downers Grove**

**Tuesday, February 25, 2025**

**12:30 PM - 1:30 PM**



## WINTER/SPRING RECIPE SWAP

We couldn't forget about Spring! Bring a paper copy of your favorite winter and spring recipes to share with friends. Once you arrive, copies of each recipe will be made so everyone will go home with each recipe. Each person will have a chance to talk about the recipes that they brought and any tips or tricks that might be helpful. Don't forget about all of those Valentines and Easter recipes! A light snack will be provided. This is the last recipe swap before the cookbook class!

**Wednesday, February 26, 2025**

**9:30 AM - 10:30 AM**





## FINANCIAL BINGO

**BankFinancial** –a trusted community bank in business for more than 100 years—is hosting a “Financial Bingo” event! Whether you’re a seasoned investor or simply looking to improve your financial literacy, you won’t want to miss this interactive and engaging afternoon filled with bingo games, prizes, and the opportunity to learn valuable financial terms and facts.

**Wednesday, February 26, 2025**  
**12:30 PM - 2:00 PM**



Photo Credit: Kevin Coyote Trust

## HIDDEN GEMS ROAD TRIP

Author and amateur historian **Pat Camalliere** will show and describe photos from her personal visits to places in and near the Des Plaines River Valley. Although all are public and accessible, many area residents have been surprised to know their historic and geographic importance. Locations include Cook County’s only canyon, the Chicago Portage, Red Gate Woods, St. James at Sag Bridge Church, Black Partridge Woods, the I & M Canal and Heritage Quarries, Isle a la Cache Museum, and other locations near the southwestern portion of the Des Plaines River.

**Thursday, February 27, 2025**  
**12:00 PM - 1:30 PM**  
**Cost: \$5**

## HOW TO: PLAY YAHTZEE

Join us for a fun and interactive session where we’ll teach you how to play the classic dice game, Yahtzee! Whether you’re a seasoned player or a complete beginner, this program is perfect for everyone. You’ll learn the rules, scoring strategies, and tips to improve your game. With plenty of chances to play, you’ll get the hang of rolling for the best combinations and aiming for that elusive Yahtzee! Bring your competitive spirit, and enjoy a morning of fun and friendly competition. Don’t miss out on this exciting opportunity to sharpen your skills and make new friends!

**Thursday, February 27, 2025**  
**9:30 AM - 10:30 AM**



## POPCORN MATINEE

Popcorn Matinee Goes People's Choice in 2025! Popcorn Matinee now gives YOU the power to choose the movie! Every month, moviegoers attending Friday afternoon's matinee will vote on two special features within a selected genre. Which film will reign supreme? February's Genre: Romance. Will it be a swoon worthy classic or a modern day romantic comedy? Your vote will decide which film takes the spotlight.

**Friday, February 28, 2025**  
**1:00 PM - 3:00 PM**



**Downers Grove Township Center | 4341 Saratoga Avenue, Downers Grove, IL 60515**



## MARCH MADNESS FOOD DONATION CHALLENGE

Get ready for a fun and competitive way to support the FISH food pantry with our "March Madness Food Donation Challenge!" Each week in March, we'll pit two different food pantry needs against each other in a tournament-style showdown, encouraging the community to donate as much as possible in support of those in need.

**Week 1:** Rice and Beans vs. Pasta and Sauce – Which staple will reign supreme?

**Week 2:** Condiments and Spices vs. Paper Products (toilet paper, Kleenex, paper towels) – What's more essential for families?

**Week 3:** Canned Vegetables vs. Soup – Which canned food will take the lead?

**Week 4:** Breakfast (granola bars, cereal, oatmeal) vs. Lunch (PB, jelly, crackers) – Help fuel families' mornings and afternoons!

Each week, participants will have the chance to donate to help decide the winning food item, with the goal of maximizing the amount of food and supplies collected for those in need. Don't miss out on this exciting event to help your community!

***Please bring any donations directly to the Senior Center.***



**Register at [www.myactivecenter.com](http://www.myactivecenter.com) or call 630-719-6670**



## FOUR WINDS CASINO TRIP

**Wednesday, March 5, 2025**

**Departure Time: 8:50 AM**

**Approximate Return Time: 5:30 PM**

**Pick up and drop off at the  
Downers Grove Lincoln Center  
935 Maple Ave., Downers Grove, IL 60515**

Hit the jackpot at Four Winds Casino in New Buffalo! Fee includes a \$15 games/slots credit, a \$10 food credit, and deluxe motor coach transportation to and from the Lincoln Center. A photo ID is required upon entering the casino.

**Please register by February 5. Cost: \$52.  
We must have 35 individuals to travel - encourage a  
friend to sign up with you!**

*Must register in person at Downers Grove Township Office.*

## SENIORS GOT TALENT!

**Friday, May 2, 2025**

**1:00 PM - 4:00 PM**

**Fishel Park  
1047 Curtis Street  
Downers Grove, IL 60515**

Celebrate the vibrant and diverse talent of our senior community at our first annual community-wide Seniors Got Talent! This joyful event is a wonderful opportunity for seniors to shine and share their unique gifts with friends, family, and fellow community members. Whatever your talent may be, we want to see it. If you would rather participate as an audience member, we need you there too! Performances must be family-friendly and no longer than 5 minutes in length. *In the event of rain, the location of the event will be moved to the Lincoln Center.*

**To sign up for a performance slot, please register by calling the main office at 630-719-6670 and speak to the Activities Director by April 25.**

*Limited number of slots available.*



## MILLER BREWERY TRIP

**Saturday, May 10, 2025**

**Departure Time: 8:30 AM**

**Approximate Return Time: 5:30 PM**

**Pick up and drop off at the  
Downers Grove Lincoln Center  
935 Maple Ave., Downers Grove, IL 60515**



Welcome to a day in Milwaukee! Kick off your day with a delicious brunch at MOTOR Bar and Restaurant, located in Milwaukee's vibrant Harley-Davidson Museum. Next, immerse yourself in the rich history of Milwaukee's brewing tradition with a guided tour of the Miller Brewery. Discover the brewing process, explore the historic buildings, and sample some of Miller's finest beers. On the way home, savor a taste of Wisconsin at the Mars Cheese Castle. This iconic stop is a cheese lover's paradise, offering a wide selection of artisanal cheeses, gourmet snacks, and unique gifts. Fee includes transportation on a coach bus to, from, and around Milwaukee, plus the cost of the Miller Brewery Tour. Brunch and any items purchased at Mars Cheese Castle are on your own. No additional registrations or cancellations accepted after April 7.

**Please register by April 7. Cost: \$131.**

*Payment of \$131 via check due upon registration. Must register in person at Downers Grove Township Office.*

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## PUZZLERS PARADISE

**Thursday, May 15, 2025**

**11:30 AM - 2:00 PM**

**The Community House  
415 W. Eighth Street, Hinsdale, IL 60521**



Unleash your inner puzzle master at the Puzzlers' Paradise, the ultimate test of patience, precision, and problem-solving skills. Whether you're a dedicated puzzler or just love a good challenge, this competition is the perfect opportunity to showcase your talent and enjoy some brain-teasing fun! Price is \$5/person (total \$20/team of 4). Please notify the Township of your team name and team members after registration. You can choose to register

individually and we will place you on a team when you arrive at the event. Fee includes a puzzle, light lunch, and prizes for the top 3 teams! Each team can have a max of 4 people.

**This is a co-op event with The Community House, The Downers Grove Park District, and The Downers Grove Township.**

**Cost: \$5 per Person**

# HOW TO REGISTER FOR FEE-BASED ACTIVITIES:

- 1. FIND THE ACTIVITY:** Look for activities marked with a green dollar sign on My Active Center. This indicates they have a nominal fee.
- 2. CHECK THE PRICE:** Once you click on the activity, you'll see the price displayed in green text on the activity page.
- 3. ADD TO CART:** Click "Add to Cart" to proceed. The subtotal will be shown.
- 4. GO TO YOUR CART:** Open your cart to review your selection. Here, you can click the green box that says "Pay for Selected Items."
- 5. ENTER PAYMENT INFORMATION:** A pop-up will appear where you can enter your credit card details.
- 6. CONFIRM PAYMENT:** After entering your payment information, your receipt will be displayed.
- 7. OPTIONS AFTER PAYMENT:** From the receipt screen, you can:
  - Print your receipt.
  - View your schedule.
  - Return to browsing for more activities.
- 8. CALL THE TOWNSHIP** at 630-719-6670 if unable to register on My Active Center for assistance in registering for Fee-Based Activities.

DOWNTOWNS GROVE TOWNSHIP



## LIHEAP

Low Income Home Energy Assistance Program

LIHEAP provides a one-time benefit to eligible households for use towards energy costs.



### WHAT TO BRING

Please bring: copy of Social Security Card, proof of gross income for all members of household, proof of current letter from Social Security Income, copy of lease agreement, most current Nicor or ComEd bill, proof of SNAP benefits

### INCOME REQUIREMENTS

| Family Size | 200%<br>30 Day Income | 200%<br>Annual Income |
|-------------|-----------------------|-----------------------|
| 1           | \$2,510               | \$30,120              |
| 2           | \$3,407               | \$40,880              |
| 3           | \$4,303               | \$51,640              |
| 4           | \$5,200               | \$62,400              |
| 5           | \$6,097               | \$73,160              |
| 6           | \$6,933               | \$83,920              |
| 7           | \$7,890               | \$94,680              |

### APPLICATION DATES

Program Year 2025

October 1, 2024 -  
July 31, 2025

### APPOINTMENTS

For more information or to make an appointment, call our General Assistance Office at **630.719.6684**.



Your Next

Adventure  
Awaits



**Did you know Downers Grove Township  
is a Passport Acceptance Agency?**

*We can process first time applications and renewals,  
including taking your passport photos!*

Appointment required. Call 630-719-6610 to schedule yours today!  
For more information, visit <https://www.dgtownship.com/supervisor/>

## STAY CONNECTED!

Follow us on Facebook  
[www.facebook.com/dgtownship](https://www.facebook.com/dgtownship)

Follow us on Nextdoor  
[www.nextdoor.com](https://www.nextdoor.com)

Sign up for our monthly newsletter  
Email: [humanservices@dgtownship.com](mailto:humanservices@dgtownship.com)

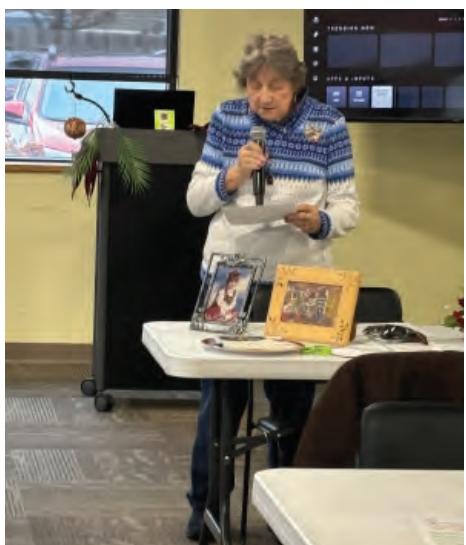
Visit our website  
[www.dgtownship.com/senior-services/](https://www.dgtownship.com/senior-services/)



## DOWNERS GROVE TOWNSHIP FLAG BOX

*Respectfully retire and dispose of your worn-out or unused  
American flags at the Downers Grove Township Center.*

THE FLAG BOX IS AVAILABLE FOR USE ANYTIME  
AND CAN BE FOUND OUTSIDE ON THE  
SOUTH-SIDE OF THE TOWNSHIP CENTER.



Paul Coultrap  
SUPERVISOR  
[paul.coultrap@dgtownship.com](mailto:paul.coultrap@dgtownship.com)  
Gregory A. Boltz  
ASSESSOR  
[gregory.boltz@dgtownship.com](mailto:gregory.boltz@dgtownship.com)



Lorraine Grimsby  
CLERK  
[lorraine.grimsby@dgtownship.com](mailto:lorraine.grimsby@dgtownship.com)  
Lawrence C. Anderson  
HIGHWAY COMMISSIONER  
[lawrence.anderson@dgtownship.com](mailto:lawrence.anderson@dgtownship.com)

## Township of Downers Grove

4340 Prince Street  
Downers Grove, Illinois 60515  
630.719.6610 Phone • 630.719.6608 Fax  
[www.dgtownship.com](http://www.dgtownship.com)

Starting in January 2025, you may notice a small fee associated with certain programs in the Downers Grove Township Senior Programs Newsletter. This fee is intended to help cover the costs of programs that are more expensive for the Township, including supplies for craft classes, special events, and speaker fees. Please note that fees will not apply to programs sponsored by other organizations or to those that are donated to the Township.

Introducing these fees is also expected to enhance attendance and decrease the number of participants who register but do not show up.

We understand that this represents a significant change from our previous practices, but it will not impact every program. The programs affected as of January 2025 will include arts and crafts classes, non-sponsored speakers and special events, and non-sponsored exercise programs.

To learn more about these changes and the new payment and registration process, we invite you to attend the "MSC Updates and Registration Changes" class this December. There will be three sessions available for you to choose from.

Paul Coultrap  
Downers Grove Township Supervisor

# RTA REDUCED FARE PROGRAM

The RTA Reduced Fare permit allows older adults, ages 65 or over, qualified people with disabilities, and Medicare recipients to ride all RTA fixed-route services at a reduced fare.

These fixed-route services include CTA buses and trains, Metra trains, and Pace buses in the six-county region of Cook, DuPage, Kane, Lake, McHenry, and Will.

*Downers Grove Township can assist you in applying for this program.  
Please call 630-719-6670 to make an appointment.*



**Downers Grove Township**

## Medical Lending Closet

Our Senior Center now offers medical equipment for a 90-day loan period at no cost to you!

Call us for an appointment if you are in need of

- Wheelchairs
- Crutches
- Walkers
- and more!
- Canes

Medical equipment donations are welcome!  
Please call to set up a time to drop off.



For appointments and more information, contact us at  
630-719-6610 or [humanservice@dgtownship.com](mailto:humanservice@dgtownship.com).

# DOWNERS GROVE TOWNSHIP



*Supervisor's  
Office*



*Assessor's  
Office*



*Highway  
Department*

## WHAT WE OFFER

- ✓ Senior Center Programs
- ✓ Community Dining
- ✓ Dial-A-Ride
- ✓ RTA Applications
- ✓ Medical Lending Closet
- ✓ Cemeteries
- ✓ Benefit Access Applications
- ✓ Voter Registration
- ✓ Notary Services
- ✓ Passport Applications
- ✓ General Assistance
- ✓ Youth Services
- ✓ Resource and Referral Information

Contact Us



(630) 719-6670



[www.dgtownship.com](http://www.dgtownship.com)

4340 Prince Street, Downers Grove, IL 60515

## DOWNERS GROVE TOWNSHIP ELECTED OFFICIALS

**Supervisor**  
Paul Coultrap

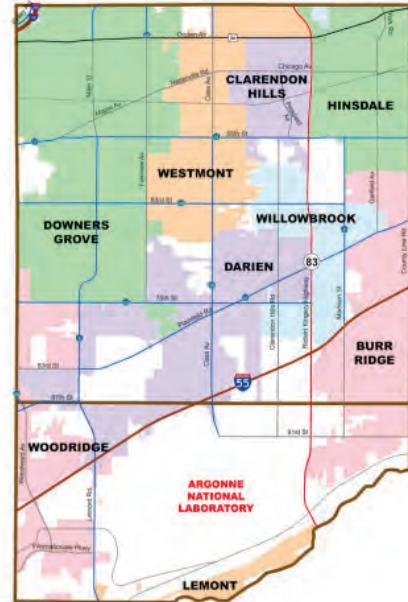
**Assessor**  
Gregory A. Boltz

**Highway Commissioner**  
Lawrence "Andy" Anderson

**Clerk**  
Lorraine Grimsby

## BOARD OF TRUSTEES

Abby Ferguson  
Dave Ricordati  
Theresa McClear  
Kristina McCloy



### Downers Grove Township Boundaries

Downers Grove Township is the largest township in DuPage County and covers the following areas: east to County Line Rd., west to Woodward Ave., north to 39th Street and south to the I&M Canal. Located in the southeast corner of DuPage County, the Township's jurisdiction includes the communities of Burr Ridge, Clarendon Hills, Hinsdale, Darien, Downers Grove, Lemont, Westmont, Willowbrook and Woodridge.

## Dial-A-Ride

Dial-A-Ride is a curb-to-curb shared ride service for Downers Grove Township residents who are 65 and older. It is also a service for qualified persons, of any age, with disabilities. Riders with disabilities who are under 65 must have an RTA/ADA card.

The Dial-A-Ride service is provided to and from any point within the Township of Downers Grove boundaries. This includes service to Hinsdale Hospital, Good Samaritan Hospital, and Loyola

Center for Health at Burr Ridge. Service is provided from 8:00 am to 4:00 pm, Monday through Friday. The fare is \$3.00, cash, for each one-way ride. **Please call 630-719-6670 to register.**

