

MAY 2025



DOWNERS GROVE TOWNSHIP SENIOR PROGRAMS

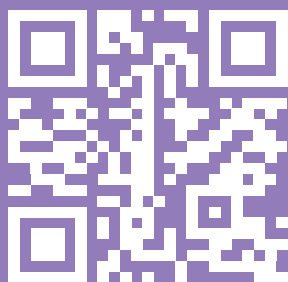
DOWNERS GROVE TOWNSHIP CENTER

4341 Saratoga Avenue
Downers Grove, IL 60515

(630) 719-6670

www.dgtownship.com/senior-services/#senior-news

Email: 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 May programs opens on April 29th at 9:00am

Downers Grove Township Center
4341 Saratoga
Downers Grove, IL 60515

Senior Programs May 2025

Register at 630-719-6670 or
www.myactivecenter.com



Monday	Tuesday	Wednesday	Thursday	Friday
28 9:00 Internet Safety & Avoiding Online Scams* 10:00 Personal Tech Consults 1:00 Crafternoon: Ribbon Roses & Bouquets*	29 9:30 Games & Crafts 11:00 Community Dining 1:00 Tai Chi 2:30 Games	30 9:00 Trivia Time with Terry & Kai 11:00 Community Dining 12:30 Breast Health Basics 3:00 Chair Yoga	1 9:00 Just Us Seniors 10:30 Spreading Sunshine 11:30 Relaxation Class 12:30 Chair Pilates 2:30 Games	2 12:00 AARP Smart Driver Class 1:00 Seniors Got Talent
5 9:30 Mother's Day Tea Party	6 9:00 Diabetes A1C Screening 9:30 Games & Crafts 10:30 Blood Pressure Clinic 11:00 Community Dining 1:00 Tai Chi 2:30 Games	7 9:30 Men's Coffee & Conversation 11:00 Community Dining 12:30 Dance Hits with Jane Allyson 3:00 Chair Yoga	8 10:00 WWII POW Camps 12:30 Tim & Terry 2:30 Games	9 1:30 The Bs at The Birches - Bunco 1:30 Musical Jam
12 9:30 Spreading Sunshine: Blanket Making 1:00 Card Making*	13 9:30 Games & Crafts 11:00 Community Dining 1:00 Tai Chi 2:30 Games	14 9:00 Line Dancing Class 11:00 Alan & Jimmy at Community Dining 12:30 Bingo 3:00 Chair Yoga	15 9:30 Spreading Sunshine 11:30 Puzzlers' Paradise 12:00 SSS: Healthy Habits & Staying Social 2:30 Games	16 11:30 Bunco 1:30 Karaoke
19 10:00 Plant Swap 1:00 Crafternoon: Bow Making*	20 9:30 Games & Crafts 11:00 Community Dining 1:00 Tai Chi 2:30 Games	21 9:30 Summer Events Planning 11:00 Community Dining 12:30 Sing A Long 1:30 Book Club 2:15 Cardmaking 101 Seminar	22 9:00 Rummikub 10:30 Open Play 12:30 Caregiver Burnout 2:30 Origami & Chopsticks 2:30 Games	23 1:00 Popcorn Matinee
26 Closed in Observance of Memorial Day	27 9:30 Games & Crafts 11:00 Community Dining 1:00 Tai Chi 2:30 Games	28 9:30 Give and Take Bonanza 11:00 Community Dining 1:00 Cyber Security for Kids Over 55	29 10:00 Become a Birdwatcher 12:30 All About Silver Sneakers 2:30 Games	30 12:00 Aloha Friday

* \$5 cost to participate
Registration for May programs opens April 29 at 9:00am

To learn more visit: www.dgtownship.com/senior-services/



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**



DuPage Senior Citizens Council
Providing Meals and More...

COMMUNITY DINING MENU

Downers Grove Township
MAY 2025

(630) 642-8517

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Downers Grove Township Center 4341 Saratoga Ave Downers Grove, IL
			1	2
	COLD MEAL Chicken Pasta Salad w/Creamy Parmesan Mixed Salad Greens Herbed Tomato Wedges Multi Grain Bread Pineapple Tidbits	Eggs Lorraine (Bacon) Potato O'Brien Blueberry Muffin Bread Fruit Cup Fresh Orange	8	9
5	6	7		
	Salisbury Steak Mashed Potatoes Cabbage & Carrots Multi Grain Bread Mixed Fruit Oatmeal Raisin Cookie (*)	COLD MEAL Roasted Turkey & Cheddar Lettuce & Tomato Pea Salad Wheat Kaiser Pineapple Tidbits	15	16
12	13	14		
	Beef French Dip w/Mushrooms & Onions Oven Fries Corn Wheat French Roll Whole Apple	Lasagna w / Meat Sauce Squash Medley Italian Green Beans Whole Wheat Bread Chilled Pears	22	23
19	20	21		
	Hamburger Bean Casserole Mixed Veggies Wheat Bun Fruit Jello(*)	COLD MEAL BLT Chicken Salad Mixed Salad Greens/Tomato Tri Bean Salad Corn Bread Mandarin Oranges	29	All Meals Include a Beverage (*) Substitutions for Diabetic
26	27	28		30

MENU ITEMS SUBJECT TO CHANGE WITHOUT NOTICE DGTS

PLEASE REGISTER IN ADVANCE FOR ALL EVENTS!

Visit www.myactivecenter.com or call 630-719-6670.



**REGISTRATION FOR MAY PROGRAMS OPENS
TUESDAY, APRIL 29TH 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**



INTERNET SAFETY AND AVOIDING ONLINE SCAMS

Stay safe and secure online! Join **Tony LaPalio, Founder and CEO of Senior Tech Support**, for an essential presentation where you'll learn how to protect yourself in today's digital world. In this session, Tony will guide you through the basics of internet safety, including how to be aware, be prepared, and be defensive while navigating the web. We'll cover how to recognize and deal with "SPAM" (unsolicited communications) and how to adjust your device privacy settings to keep your information safe. Next, we'll take an in-depth look at internet scams and how to spot them before it's too late. If you've ever wondered what to do if you've fallen victim to an online scam, don't worry! Tony will give you a clear action plan so you can respond quickly and minimize the damage. This presentation will empower you with the tools and knowledge to browse the internet with confidence and avoid the pitfalls of online scams. Don't miss it!

Monday, April 28, 2025
9:00 AM - 10:00 AM

Cost: \$5

INDIVIDUAL TECHNOLOGY CONSULTATIONS

Tony LaPalio, Owner and CEO of Senior Tech Support, will be providing individual 15 minute technology consultations following his presentation. Register for a timeslot by calling the Downers Grove Township Office. Space is extremely limited.

Monday, April 28, 2025
BY APPOINTMENT



CRAFTERNOON: RIBBON ROSES AND BOUQUETS

Join us for a fun and creative class where you'll learn how to make beautiful handmade ribbon roses and design your own charming bouquets. With all supplies provided, you'll explore a simple technique to craft flowers that can last a lifetime. Perfect for adding a personal touch to any occasion, especially Mother's Day. No experience needed-just bring your creativity and leave with the stunning bouquet you've crafted during class!

Monday, April 28, 2025
1:00 PM - 3:00 PM

Cost: \$5

GAMES, CARDS, PING PONG, AND 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, April 29, May 6, 13, 20, 27, 2025
9:30 AM - 11:00 AM and 2:30 PM - 3:30 PM
Thursdays, May 1, 8, 15, 22, 29, 2025
2:30 PM - 4:00 PM



Register at www.myactivecenter.com or call 630-719-6670

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



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, April 29, May 6, 13, 20, 27, 2025
9:30 AM - 11:00 AM

TRIVIA TIME WITH TERRY AND KAI

Join us for a fun-filled afternoon of trivia hosted by the Senior Center's dynamic duo: Terry and Kai! 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!

Wednesday, April 30, 2025
9:00 AM - 10:30 AM



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!

Sponsored by Friends For Downers Grove
Township Seniors
Presented by MKH Yoga

Wednesdays, April 30, May 7, 14, 2025
3:00 PM - 4:00 PM
***No class May 21st or 28th**



BREAST HEALTH BASICS

Approximately 1 in 8 women (13%) will be diagnosed with breast cancer in their lifetime. Join us to learn about risk factors for women of average risk for breast cancer, current screening guidelines, and what you can do to reduce your risk. Learn more about how to do a self-exam at home, and how hormones play a role in developing breast cancer.

Presented by Michelle Schlieben from
Northwestern Medicine

Wednesday, April 30, 2025
12:30 PM - 2:00 PM

Register at www.myactivecenter.com or call 630-719-6670

**Registration for May programs
opens on April 29 at 9:00am**

SPREADING SUNSHINE

Do you wish you could volunteer, but have limited time to commit? Then Spreading Sunshine is for you! Twice per month we have a variety of volunteer projects that can be easily completed at the Senior Center, and then are delivered to the non-profit that it benefits. Some examples of the projects we work on are: making no-sew blankets for older adults in need, packing snack bags for children served by DuPage PADS, and peeling and sorting crayons for SCARCE that can be melted down and re-shaped into adaptive crayons for persons with dexterity challenges. Big thank you to our volunteer project coordinator and Spreading Sunshine leader, **Laurie Tsukuno**, who dreamed up this fun idea and coordinates all of the projects that are available!!

1st Thursday, May 1, 2025

10:30 AM - 11:30 AM

3rd Thursday, May 15, 2025

9:30 AM - 10:30 AM

CHAIR PILATES

Join us for Chair Pilates, a gentle yet effective exercise class designed to improve flexibility, strength, and posture—all from the comfort of a chair! This class focuses on low-impact movements that enhance core stability, balance, and overall well-being. Perfect for all fitness levels, Chair Pilates provides a safe and supportive environment to help you stay active and energized.

Presented by Deanna Murray

Thursday, May 1, 2025

12:30 PM - 1:15 PM



JUST US SENIORS

Just Us Seniors is an opportunity for Senior Center patrons and Township staff to get together to discuss the current ideas, thoughts, opinions, issues, needs, and wants of the older adults that we serve. It's a great place to ask questions, suggest new programming, get resources, and bring new ideas to the table. Don't be shy...give it a try!

Every 1st Thursday, May 1, 2025

9:00 AM - 10:00 AM



RELAXATION CLASS

Feeling stressed? Come relax with us! Allow your cares to melt away as you practice calming breathing exercises, guided visualization, and other mindful techniques designed to reduce stress improve overall well-being.

Presented by Nate Underhile from Metropolitan Family Services

Thursday, May 1, 2025

11:30 AM - 12:00 PM

**Downers Grove Township Board Room
4340 Prince Street, Downers Grove, IL 60515**

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

SENIORS GOT TALENT!

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! **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.** 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.

Seniors got Talent is in partnership with Downers Grove Park District and The Community House.

**Friday, May 2, 2024
1:00 PM - 4:00 PM**

**Off Site Program: Fishel Park
1047 Curtis Street, Downers Grove, IL**

MOTHER'S DAY TEA PARTY

Join us for a charming morning celebration in honor of Mother's Day! Enjoy a delightful Tea Party featuring an assortment of finger sandwiches, light desserts, and a selection of teas and flavored waters. Whether you're a mother, grandmother, or someone who simply wants to celebrate the special women in your life, this is a perfect way to relax and connect with friends in a lovely setting. Dress in your tea party best—hats and florals are welcome!

Sponsored by Amada Senior Care

**Monday, May 5, 2025
9:30 AM - 11:30 AM**



DIABETES A1C SCREENING

This May, in addition to our monthly blood pressure screening clinic, **Northwestern Medicine** will be offering an A1C clinic. The Hemoglobin A1C test is a simple fingerstick blood test that measures your average blood sugar levels over the past 2-3 months. Northwestern Medicine clinicians will guide you through your results, explain their significance, and connect you with local resources if necessary. No fasting is required! **To reserve your timeslot, please call the Downers Grove Township office.**

**Tuesday, May 6, 2025
Individual Appointments available
from 9:00 AM - 11:00 AM**

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, May 6, 2025
10:30 AM - 11:30 AM**



Register at www.myactivecenter.com or call 630-719-6670



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, May 7, 2025
9:30 AM - 10:30 AM



WORLD WAR II POW CAMPS PRESENTATION

Join us for a fascinating presentation that explores the little-known history of German prisoner-of-war camps right here in Cook County during World War II. Through preliminary historical and archaeological research, we'll take a closer look at three local sites—Camp Skokie Valley in Glenview, Camp Pine in Des Plaines, and Camp Thornton in the Homewood/Thornton area. This engaging presentation features rich visuals, including archival photographs and “then-and-now” maps, and traces the broader story of POWs in America before narrowing in on their experiences in Illinois, and more specifically, Cook County. The presentation concludes with a look at ceramics recovered from one of the camps and what these artifacts might reveal about life behind the fences.

Thursday, May 8, 2025
10:00 AM - 12:00 PM

Cost: \$5

DANCE HITS THROUGH THE DECADES WITH JANE ALLYSON

Jane sings top hits of songs we danced to through the decades. Each melody carries the essence of an era, from the jazzy tunes of the 30s and 40s, lively beats of the 50s and 60s, to the funky rhythms of the 70s or the electric vibes of the 80s, and beyond. The room Comes alive with the memories and emotions these songs generate. She may bring trivia, sing-alongs, and name that tune, too!

Sponsored by TLC & Associates

Wednesday, May 7, 2025
12:30 PM - 1:20 PM



TIM AND TERRY'S ACOUSTIC PERFORMANCE

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.

Thursday, May 8, 2025
12:30 PM - 1:30 PM



Register at www.myactivecenter.com or call 630-719-6670



B'S AT THE BIRCHES: BUNCO

Bingo, Bunco, and Brain Games, Oh My! Come play The Bs at the Birches every month on this rotating schedule! In May, roll the dice and take a chance with Bunco! Come enjoy this social dice game with friends and take a chance at winning some cool prizes.

Friday, May 9, 2025
1:30 PM - 2:30 PM

Off Site Program:

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

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, May 9, 2025
1:30 PM - 3:30 PM



CARD MAKING

Grab a spot before they're gone for this incredibly popular cardmaking class. You'll learn to make your own homemade greeting cards using a variety of rubber stamping and paper crafting techniques, **guided by instructor Lou Smolinski**. By the end of class, you'll have a handcrafted masterpiece that you may just want to keep for yourself! This class fills up fast and does not disappoint

Monday, May 12, 2025
1:00 PM - 3:00 PM

Cost: \$5



SPREADING SUNSHINE: BLANKET MAKING

In this hands-on workshop, participants will create cozy no-sew blankets for clients receiving hospice services through Loyola. No experience is required—our volunteer leader 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.

Monday, May 12, 2025
9:30 AM - 11:30 AM

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



LINE DANCING CLASS

Get ready to kick up your heels and have some fun! Join us for an energizing and upbeat line dancing class. Whether you're a seasoned dancer or trying it for the first time, you'll enjoy the lively music, easy-to-follow steps, and welcoming atmosphere. Line dancing is a great way to stay active, boost your mood, and connect with others. No partner or experience needed—just bring your enthusiasm and a comfortable pair of shoes!

Wednesday, May 14, 2025
9:00 AM - 10:30 AM

ALAN AND JIMMY AT COMMUNITY DINING

During Community Dining, enjoy music from a time when we were young and the music was great. Alan and Jimmy played 60's music in high school and college. They took a long (38 year) break to focus on family and careers but now they are back, providing entertainment to seniors during Community Dining!

Wednesday, May 14, 2025
11:00 AM - 12:00 PM

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



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
Presented by Alyssa Clemens

Wednesday, May 14, 2025
12:30 PM - 2:00 PM

PUZZLERS' PARADISE

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! 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.**

Thursday, May 15, 2024
11:30 AM - 2:00 PM

Cost: \$5 per Person

Off Site Program: The Community House,
415 W. Eighth Street, Hinsdale

Register at www.myactivecenter.com or call 630-719-6670



SSS: HEALTHY HABITS AND STAYING SOCIAL

For this month's Senior Survival Skills, join us for a dynamic and informative session focused on living your best life—both physically and socially! This special program features two engaging presentations: Habits of Healthy People and Staying Social: How to Do It Right. Discover simple, yet powerful habits that contribute to a healthy and fulfilling lifestyle, and learn how small changes can lead to big improvements. Then explore the importance of staying connected and building meaningful relationships in ways that feel authentic, comfortable, and fun. Lunch will be provided.

Sponsored by Friends For Downers Grove Township Seniors
Presented by Kily Malden-Adams

Thursday, May 15, 2025
12:00 PM - 2:00 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. This event is **sponsored by Allison Green, AuD, of Assisted Living Locators**. Don't miss out on the excitement!

Friday, May 16, 2025
11:30 AM - 1:00 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 judgment—just pure fun! Come share your musical spirit with us!

Friday, May 16, 2025
1:30 PM - 3:00 PM

PLANT SWAP

Calling all plant lovers! Join us for a green-thumb gathering hosted by the delightful and knowledgeable **Lauri Luessow**. Whether you're a seasoned gardener or a budding plant enthusiast, our plant swap is the perfect place to share your leafy treasures and go home with something new and fresh! Here's how it works: Bring a healthy plant or cutting that you'd like to swap. Please put each plant in a pot and then wrap the pot in a bag to keep things tidy. Next, label your plant clearly, and let the swapping begin!

Monday, May 19, 2025
10:00 AM - 12:00 PM



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

Registration for May programs
opens on April 29 at 9:00am



CRAFTERNOON: BOW MAKING

There is something really special about receiving a gift with a beautiful handmade bow! For this crafternoon, **Elsie Sheehan** will teach us how to make gorgeous bows that will leave a lasting impression for years to come. Use your new bows for gift giving, decorating, wreath making, and more! All supplies included.

Monday, May 19, 2025

1:00 PM - 3:00 PM

Cost: \$5

SUMMER EVENTS AROUND TOWN PLANNING WORKSHOP

Bring your friends, your planner and your favorite writing utensil—we will bring the rest! Summer will be here before we know it, and there are so many options for fun and exciting summer programs in the area! For this interactive planning seminar, we do the hard part by finding the programs, getting the details, and compiling them into a user-friendly list. Then you take over for the fun part—going over all of the options, adding your favorites to your planner, and talking with friends about which ones you'll be attending together! Before you know it, your summer will be booked and you'll get to sit back and enjoy the sunshine!

Wednesday, May 21, 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! May's book is *Tomorrow, and Tomorrow, and Tomorrow* by Gabrielle Zevin.

Wednesday, May 21, 2025

1:30 PM - 2:30 PM

Downers Grove Township

4340 Prince Street, Downers Grove, IL 60515



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**. Song requests are always welcome.

Wednesday, May 21, 2025

12:30 PM - 1:30 PM

Register at www.myactivecenter.com or call 630-719-6670



CARDMAKING 101 SEMINAR

Interested in making homemade greeting cards, but don't know where to start? This class will help you learn the basics about: cardstock, adhesives, paper cutters, embossing folders, cutting dies and related equipment. You will have hands-on use of the Township's craft tools and gain confidence to express your creativity. **Please note that cardmaking kits will NOT be provided. However you will have the opportunity to use your new skills to create your own unique project. No equipment necessary. If you have questions about items of your own, feel free to bring them along.*

Presented by Lou Smolinski

**Wednesday, May 21, 2025
2:15 PM - 3:45 PM**

RUMMIKUB OPEN PLAY

One of our most popular games at the Senior Center is Rummikub, so we're throwing in a bonus session dedicated JUST for Rummikub! Come and play this fan favorite while hanging out with friends and having some coffee. It's a great opportunity to put your newly learned skills to the test if you attended our "How to: Rummikub" session in April!

**Thursday, May 22, 2025
9:00 AM - 10:00 AM**



ORIGAMI AND CHOPSTICKS

The month of May is Pacific Islander and Asian American Heritage month. We will be learning how to do origami, the Japanese art of paper folding. We will start with some basic simple folds and progress to a few more challenging. At the end of the session, we will have a quick lesson on how to eat with chopsticks.

**Thursday, May 22, 2025
12:30 PM - 2:00 PM**



CAREGIVER BURNOUT: RESOURCES FOR THE PRIMARY CAREGIVER

Caring for a loved one can be deeply rewarding AND it can also be physically, emotionally, and mentally exhausting. This helpful and informative presentation by **Jenny Novy of Amada Senior Care** will provide caregivers with resources they can use to promote their own wellness and create more balance in their lives while ensuring their loved ones are still receiving the level and quality of care that they need.

**Thursday, May 22, 2025
10:30 AM - 11:30 AM**

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



POPCORN MATINEE

Come ready to choose between two awesome movies for May's Popcorn Matinee! The Senior Center will be specially decorated for the occasion and fresh movie theater popcorn will be served and ready to enjoy during the show. You won't want to miss it!

Friday, May 23, 2025
1:00 PM - 3:00 PM



CYBER SECURITY FOR KIDS OVER 55

Our dynamic and brilliant AI speaker, Todd Thorson, is back for a highly requested topic: Cybersecurity. Essentially, Cybersecurity is the practice of keeping computer systems, data, and networks from being accessed by those who mean to use them for harm. During his presentation, Todd will thoroughly cover what Cybersecurity encompasses, the risks we unknowingly take when we do not properly secure our digital information, and practical steps we can take to ensure we are keeping ourselves as safe as possible.

Presented by Todd Thorson,
TANJ Cybersecurity and Technology

Wednesday, May 28, 2025
1:00 PM - 3:00 PM



GIVE AND TAKE BONANZA

This awesome swap is inspired by our popular Senior Center Free Bin! For the Give and Take Bonanza, we will be collecting up to five items per person that are in good, working condition but need a new home. When you drop your items off, you will receive one ticket per item. You hold on to the tickets until the day of the Bonanza. During the Bonanza, all of the collected items will be on display on tables in the Senior Center, and you get to use your tickets to "shop" for "new to you" items to take home. Items will be accepted at the Senior Center during regular program hours May 5th through May 26th. All items will be first come, first served.

Wednesday, May 28, 2025
9:30 AM - 10:30 AM

BECOME A BIRDWATCHER

Join **John Cebula** for an exciting presentation on the wonders of birdwatching! Discover essential tips for beginners on identifying birds, selecting the right equipment, and effectively recording your sightings. Learn how to transform your yard into a bird haven by providing food, water, shelter, and planting native species to attract a variety of birds. Whether you're a seasoned bird enthusiast or just starting out, this session offers valuable insights for all levels.

Thursday, May 29, 2025
10:00 AM - 11:30 AM



Register at www.myactivecenter.com or call 630-719-6670



ALL ABOUT SILVER SNEAKERS

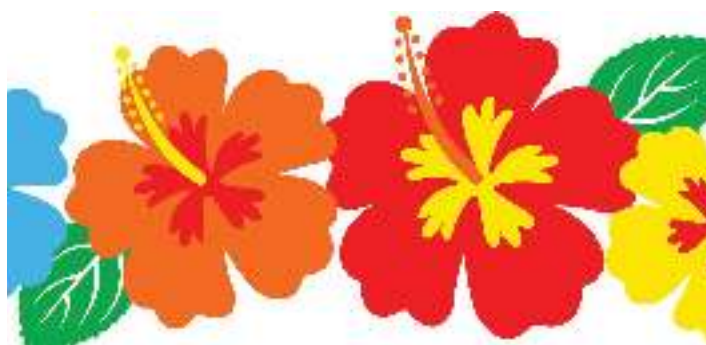
Join us for an engaging and informative presentation about **SilverSneakers®**, the nation's leading fitness program designed exclusively for older adults. Whether you're already a member or just curious, this session will walk you through all the amazing benefits, including access to gyms, virtual classes, and wellness resources — all at no cost through many Medicare plans!

Thursday, May 29, 2025
12:30 PM - 1:30 PM

ALOHA FRIDAY

Say "Aloha!" to a day of tropical joy, music, and movement at our Aloha Friday Celebration! We're bringing the beauty and rhythm of the islands to the senior center with a special performance by a talented hālau (Hawaiian hula group). Enjoy a captivating hula show, then join in the fun with group participation — no experience needed! Our guests will guide you through basic hula steps and hand movements, making it easy and enjoyable for everyone to learn. It's a wonderful opportunity to celebrate Hawaiian culture, get moving, and share a few smiles with friends.

Friday, May 30, 2025
12:00 PM - 2:00 PM



**Registration for May programs
 opens on April 29 at 9:00am**

Register at www.myactivecenter.com or call 630-719-6670

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

2025 SENIOR ADVISORY COMMITTEE MEETING SCHEDULE

1st Monday of every month from 1:30-2:30 PM
Downers Grove Township Center
4341 Saratoga Ave.
Downers Grove, IL 60515

January 6, 2025	July 7, 2025
February 3, 2025	August 4, 2025
March 3, 2025	September 8, 2025 (<i>2nd Monday due to Labor Day</i>)
April 7, 2025	October 6, 2025
May 5, 2025	November 3, 2025
June 2, 2025	December–Holiday meetup

2025 DOWNERS GROVE TOWNSHIP BOARD MEETING SCHEDULE

3rd Thursday of every month at 7:00 PM
Downers Grove Township Center
4341 Saratoga Ave.
Downers Grove, IL 60515

January 16, 2025	July 17, 2025
February 27, 2025 (<i>4th Thursday</i>)	August 21, 2025
March 20, 2025	September 18, 2025
April 17, 2025	October 16, 2025
May 15, 2025	November 20, 2025
June 26, 2025 (<i>4th Thursday</i>)	December 18, 2025



**EVERYONE IS GOOD
AT SOMETHING!**

The Senior Center is looking for volunteer teachers and presenters. Some of our most popular classes are taught by people who frequently hang out at the Senior Center and attend programs...that's what makes it so special!!!! If you have a hobby, talent, or expertise that you're willing to share, please call Sarah at (630) 719-6685.



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.

DOWNERS 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

Household Size	2024 (1st Year)	2025 (2nd Year)
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	\$6,993	\$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 Facility?

*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

Follow us on Nextdoor
www.nextdoor.com

Sign up for our monthly newsletter
Email: humanservices@dgtownship.com

Visit our website
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.





AREA EVENTS

MEMORY CAFE

FOR INDIVIDUALS LIVING WITH DEMENTIA AND THEIR CARE PARTNERS

These Memory Cafe's deliver curated, intellectually engaging classes tailored to those with memory and language difficulties who are looking for a sense of community. The classes immerse participants in activities that promote engagement, socialization, and intellectual stimulation.

FIRST TUESDAY OF THE MONTH

1 to 2:30 p.m.

Multipurpose Room #1, Fort Hill Activity Center
20 Fort Hill Dr., Naperville

To register for the cafés, send a message to
dementiafriendlynaperville+info@gmail.com
or call Lisa Kirchner at 630-710-7502

SECOND TUESDAY OF THE MONTH

2 to 3:30 p.m.

Meeting Room A/B, Naperville Public Library,
95th Street Branch

3015 Cedar Glade Dr., Naperville
To register for the cafés, send a message to
dementiafriendlynaperville+info@gmail.com
or call Lisa Kirchner at 630-710-7502

SECOND TUESDAY OF THE MONTH

2 to 3:00 p.m.

Terra Vista Oakbrook Terrace
1635 S. Ardmore Ave. Oakbrook Terrace IL 60181

To register, go to:
info.terravista.org/memorycafebirds
or call 630-534-0886

THIRD MONDAY OF THE MONTH

1-2:00pm

Westmont Library
428 N. Cass Ave

RSVP to 630-869-6150

THIRD MONDAY OF THE MONTH

1:30 - 3:00 PM

Elmhurst Library
125 S. Prospect Ave.

RSVP: <http://elmlib.org/MemoryCafe>

FOURTH WEDNESDAY OF THE MONTH

2-3:00pm

Hinsdale Library
20 E. Maple Ave.

RSVP to 630-986-1976



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.

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

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.**

