



DOWNERS GROVE TOWNSHIP SENIOR PROGRAMS

DOWNERS GROVE TOWNSHIP CENTER

4341 Saratoga Avenue Downers Grove, IL 60515

(630) 719-6670

www.myactivecenter.com/activities/4276:1

Registration for December programs opens on Tuesday, November 25 at 9:00am DO NOT LEAVE A VOICEMAIL

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































Senior Programs

December 2025

Register at 630-719-6670 or myactivecenter.com/activities/4276:1



Monday		Tuesday			Wednesday			Thursday			Friday	
Downers Grove Township Closed		2	9:30 11:00 1:00 2:30	Games & Crafts Community Dining Ageless Agility* Games	3	9:30 11:00 12:30 3:00	Chair Yoga* Community Dining Wonderful Winter Centerpieces* Chair Yoga*	4	9:00 10:30 11:30 12:00 2:30	Just Us Seniors Spreading Sunshine 1 Relaxation Class Elsie Bow Making Games	5 _{1:30}	Musical Jam
1:00	Cardmaking*	9	9:30 11:00 1:00 2:30	Games & Crafts Community Dining Ageless Agility* Games	10	9:30 11:00 12:30 3:00	Chair Yoga* Community Dining Bingo Chair Yoga*	11	9:30 11:30 1:00 2:30	Men's Coffee & Conversation Cookies & Cocoa Recipe Swap Card Games Galore Games	12	Popcorn Matinee: Elf
15 _{12:30}	Gingerbread House Decorating Seminar	16	9:30 11:00 1:00 2:30	Games & Crafts Community Dining Ageless Agility* Games	17	9:30 11:00 12:30 1:30 3:00	Chair Yoga* Alan & Jimmy at Community Dining Sing A Long Book Club Chair Yoga*	18	9:30 12:00	Spreading Sunshine 2 SSS: Holiday Party	19 11:30 1:30	Bunco Karaoke
22	Crafternoon: Snowless Snowman	23	9:30 11:00 1:00 2:30	Games & Crafts Community Dining Ageless Agility* Games	24	Close	d in Observance of Holiday	25	Close	d in Observance of Holiday	l	owners Grove wnship Closed
29 _{9:30} 3:00	Chair Yoga* Chair Yoga*	30	9:30 11:00 1:00 2:30	Games & Crafts Community Dining Ageless Agility* Games	31	11:00	New Year's At Noon Social	1		d in Observance lew Year's Day	2	



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

Providing Meals and More ...

(630) 642-8517

DuPage Senior Citizens Council COMMUNITY DINING MENU Downers Grove Township **DECEMBER 2025**

EXPERIENCE		(030) 042-0317					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
1	Chicken Chardonnay Mashed Potatoes Broccoli Multigrain Bread Fresh Orange Chocolate Pudding (*)	Texas Chili Mac & Cheese Country Blend Veggies Multigrain Bread Fruit Cup		Downers Grove Township Center 4341 Saratoga Ave Downers Grove, IL			
8	Turkey Pot Roast & Gravy Baked Potato Peas & Carrots Multigrain Bread Chef's Fruit	Spaghetti & Meatballs Marinara Sauce Broccoli Wheat Vienna Chilled Peaches	1	1 12			
15	Potato Leek & Sausage Chowder Peas & Carrots Mixed Salad Greens Corn Bread Warm Apple Crumble	Miso Glazed Chicken Thigh Scalloped Potatoes Baked Bean Casserole Multigrain Bread Fruit Jello	1	8 19			
22	Cheddar Broccoli Chicken Rice Casserole Cauliflower Whole Wheat Roll Warm Pear/Cran. Crumble	ALL LOCATIONS CLOSED IN OBSERVANCE OF CHRISTMAS EVE	ALL LOCATIONS CLOSED IN OBSERVANCE OF CHRISTMAS DAY	5 26			
29	Spaghetti & Meatballs Marinara Sauce Mixed Salad Greens Multigrain Bread Warm Peach Cobbler	ALL LOCATIONS CLOSED IN OBSERVANCE OF NEW YEARS EVE		All Meals Include a Beverage (*) Substitutions for Diabetic			

MENU ITEMS SUBJECT TO CHANGE WITHOUT NOTICE DGTS

~PLEASE CALL (630) 642-8517 ONE WEEK PRIOR TO MAKE RESERVATIONS~

PLEASE REGISTER IN ADVANCE FOR ALL EVENTS!

Visit myactivecenter.com/activities/4276:1 or call 630-719-6670.



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.

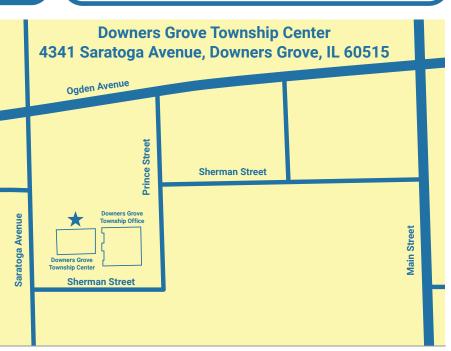
JUST A REMINDER

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

REGISTRATION FOR DECEMBER
PROGRAMS OPENS ON TUESDAY,
NOVEMBER 25 AT 9:00AM

DO NOT LEAVE A VOICEMAIL.

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!





GAMES AND OPEN CRAFTING

Calling all early birds! Meet up with us on Tuesday mornings for some coffee, camaraderie, gaming, and crafting! We have a variety of board games, playing cards, American and Chinese Mahjong sets, puzzles, and craft supplies to choose from. This is also a great time to bring your own supplies, games, and projects from home to work on while hanging out with great people and starting your day off right. *Doors will not open until 9:30 a.m. as the Senior Center will be closed for a staff meeting before that time. Thank you for being so understanding.

Tuesdays, December 2, 9, 16, 23, 30, 2025 9:30 AM - 10:30 AM



AGELESS AGILITY

This unique fitness class is fun, interactive, and will challenge you on a whole new level! Taught by Hustle Fitness owner Chris Jakubiak, Ageless Agility uses a variety of calisthenic movements that improve your core strength, stamina, and balance, while playing the kind of hype music that keeps you feeling motivated and strong. Classes usually contain a mix of individual movements as well as partner-based exercises and whole group activities. *Please note that this is an advanced-level fitness class and is not a good fit for those looking for chair-based or stationary exercise. Each class is 35 minutes long.

Tuesdays, December 2, 9, 16, 23, 30, 2025 1:00 PM -1:35 PM

Cost: \$5

GAMES, CARDS, PING PONG, AND MORE

Games, Ping Pong, and Puzzles, oh my! If you're looking for a fun afternoon with a dash of friendly competition, join us for afternoon games! Whether you prefer to play board games with a group, ping pong with the regulars, or "socially introvert" by working on a puzzle, we have something for everybody.

Tuesdays, December 2, 9, 16, 23, 30, 2025 Thursdays, December 4, 11, 2025 2:30 PM - 3:30 PM



CHAIR YOGA (MORNING)

Join us for a gentle exercise class that focuses on stretching and strengthening! This session features both seated and standing chair yoga postures, designed to enhance your flexibility, mobility, relaxation skills, balance, and coordination. Experience the benefits of mindful movement in a supportive environment! MKH Yoga presents this class.

Wednesdays, December 3, 10, 17, 2025

*No class on December 24th

Makeup session on Monday, December 29th

9:30 AM - 10:30 AM

Cost: \$5



Register at myactivecenter.com/activities/4276:1 or call 630-719-6670

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



CHAIR YOGA (AFTERNOON)

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.

Wednesdays, December 3, 10, 17, 2025

*No class on December 24th

Makeup session on Monday, December 29th

3:00 PM - 4:00 PM

Cost: \$5



JUST US SENIORS

Just Us Seniors is an opportunity for Township 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, get connected with resources, and bring new ideas to the table. Don't be shy...give it a try!

Thursday, December 4, 2025 9:00 AM - 10:00 AM

WONDERFUL WINTER CENTERPIECES

Celebrate the season with our Winter Centerpiece crafting experience, instructed by township staff. Design a one-of-a-kind centerpiece with supplied materials while connecting with fellow participants in a friendly, social atmosphere. This class combines creativity, elegance, and the joy of holiday togetherness. Spend a festive afternoon crafting and making memories.

Wednesday, December 3, 2025 12:30 PM - 2:30 PM Cost: \$5



SPREADING SUNSHINE: VOLUNTEER PROJECTS

Help give back to the community by volunteering! Each month we'll have a variety of projects available that will benefit local organizations in our area. Your efforts will make a positive impact on our community members.

Session 1: Thursday, December 4, 2025 10:30 AM - 11:30 AM Session 2: Thursday, December 18, 2025 9:30 AM - 10:30 AM



Register at myactivecenter.com/activities/4276:1 or call 630-719-6670



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 and improve overall well-being. Please note that relaxation class meets in the Board Room of our 4340 Prince St. building, next to the Downers Grove Township Center.

In partnership with Metropolitan Family Services.

Presented by Nate Underhile

1st Thursday of the month, December 4, 2025 11:30 AM - 12:00 PM

Board Room 4340 Prince Street, Downers Grove, IL 60515



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, December 5, 2025 1:30 PM - 3:30 PM

ELISE BOW MAKING

Our Township Center bow-making extraordinaire, **Elise Shehan**, is back, teaching us how to make lovely bows to dress up our holiday presents and packages. Bring your festive holiday spirit and creative flare, and we'll add the fun to this specialized crafting class.

Thursday, December 4, 2025 12:00 PM - 2:00 PM



CARDMAKING CLASS

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 want to keep for yourself! This class fills up fast and does not disappoint.

Monday, December 8, 2025 1:00 PM - 3:00 PM

Cost: \$5





BINGO

Come to the Downers Grove Township Center for a fun afternoon of Bingo! This is the most popular event, so sign up early! Prizes will be awarded, and dessert will be served. Don't forget - we will celebrate all of the special monthly birthdays!

> Wednesday, December 10, 2025 12:30 PM - 2:00 PM



COOKIES & COCOA RECIPE SWAP

Get your favorite cookie recipes ready to swap! For December's recipe swap we will be enjoying hot cocoa and cookies provided by the Township while you share your all-time favorite cookie recipes with the group. As always, we will invite you to talk about the recipes you bring, why it's special to you, and if your cookie recipe is part related to a favorite memory or family tradition, or if you just like it because it's easy and tastes great! Each participant is asked to bring between 1 and 3 cookie recipes. Copies will be made by staff during the program so that each participant will leave with a book full of new recipes to go home and try.

Thursday, December 11, 2025 11:30 AM - 12:30 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.

Thursday, December 11, 2025 9:30 AM - 10:30 AM



POPCORN MATINEE: ELF

Join us for a fun and festive Popcorn Matinee featuring the beloved holiday comedy Elf, starring Will Ferrell! Follow Buddy the Elf, a human raised at the North Pole, as he travels to New York City in search of his real father—and spreads Christmas spirit along the way. This heartwarming and



hilarious movie is sure to make you laugh and get you into the holiday mood. We'll provide the freshly-popped movie theater popcorn. All you need to bring is yourself and your holiday cheer—and don't forget to wear your most fun and festive holiday apparel! Sweaters, socks, pajamas, and holiday headbands are all encouraged. Let's celebrate the season together with laughter, snacks, and-- best of all-- good friends.

Friday, December 12, 2025 1:00 PM - 3:00 PM

Register at myactivecenter.com/activities/4276:1 or call 630-719-6670



GINGERBREAD HOUSE DECORATING SEMINAR

Celebrate the magic of the season at our Gingerbread House Decorating Workshop! Step into a winter wonderland of fun as you build and decorate your very own gingerbread house. We'll provide everything you need—from the frosting "glue" to the gumdrop shingles—so all you have to bring is your imagination! Jason Weibel from Lacey Creek Supportive Living sponsors this incredibly fun event.

Monday, December 15, 2025 12:30 PM - 4:00 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**. Song requests are always welcome.

Wednesday, December 17, 2025 12:30 PM - 1:30 PM

ALAN & JIMMY AT COMMUNITY DINING (HOLIDAY SONGS)

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!

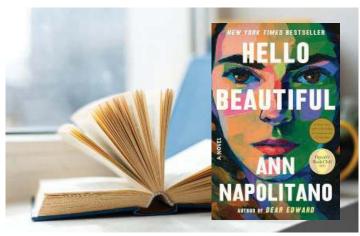
Wednesday, December 17, 2025 11:00 AM - 12:00 PM



BOOK CLUB

Join us for our book club meeting and dive into engaging literary discussions! We look forward to sharing insights and connecting over great reads! December's book is Hello Beautiful by Ann Napolitano. *Please note that the Township is no longer providing books for the book club; each member is responsible for getting their own copy.

Wednesday, December 17, 2025 1:30 PM - 2:30 PM



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



SSS: HOLIDAY PARTY

Celebrate the magic of the season with friends old and new at our annual Holiday Social! Enjoy a delicious lunch surrounded by festive décor, fun games, and plenty of holiday cheer. Capture the moment with photos alongside Santa and Mrs. Claus! This merry event is generously sponsored by Friends for Downers Grove Township Seniors. **Admission to this event will require a canned or packaged food item, which will be collected by Santa and Mrs. Claus and donated to the People's Resource Center. **

Thursday, December 18, 2025 12:00 PM - 2:00 PM



KARAOKE

You don't need to be a pro to sing at Karaoke! Join us for this FUN and LOW PRESSURE opportunity to belt out your favorite tunes like a true rockstar. Sing with a friend, sing with a group, or, if you're comfortable, sing on your own! No judgement - just FUN!

Friday, December 19, 2025 1:30 PM - 2:30 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!

Prizes sponsored by Allison Green of Assisted Living Locators

Friday, December 19, 2025 11:30 AM - 1:00 PM



CRAFTERNOON: SNOWLESS SNOWMAN CRAFT

No snow? No problem — just creativity and paint! Create frosty friends that never melt! Join us for a cozy crafting session where you'll paint cheerful snowman faces — no snow required. Township will provide all supplies; bring your creativity and enjoy making décor that lasts all winter long.

Monday, December 22, 2025 1:30 PM - 3:00 PM



Register at myactivecenter.com/activities/4276:1 or call 630-719-6670

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



NEW YEAR'S AT NOON SOCIAL

Ring in the New Year a little early with friends and fun! Join us for a festive New Year's at Noon celebration featuring a countdown to noon, a sparkling grape juice toast, and a delicious lunch. Let's welcome 2026 together with good cheer, laughter, and great company!

> Wednesday, December 31, 2025 11:00 AM - 1:00 PM



Let's show some love to our community members in need. This December, please consider bringing a non-perishable food item or paper product to benefit local families served by FISH Food Pantry. Thanks in advance for your generosity!



ITEMS MOST IN NEED:

- Spam
- Tuna
- Sugar
- Flour
- Paper Products
- Cake Mix
- Toiletries
- Laundry Detergent



LIHEAP

LOW INCOME HEATING AND ENERGY PROGRAM

LIHEAP PROVICES A ONE-TIME BENEFIT TO ELIGIBLE HOUSEHOLDS FOR USE TOWARDS ENERGY COSTS



APPLICATION DATES

OCTOBER 1, 2025 - JULY 31, 2026



FOR MORE INFORMATION AND TO MAKE AN APPOINTMENT, CALL OUR GENERAL ASSITANCE OFFICE 630-719-6684

FAMILY SIZE	60% SMI 30 DAY INCOME	60% SMI ANNUAL INCOME
1	\$3,332	\$39,979
2	\$4,257	\$52,281
		\$64,582
4	\$6,407	\$76,884
5	\$7,432	\$89,185
6	\$8,457	\$101,486
7	\$8,649	\$103,793

PLEASE BRING A 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, AND PROOF OF SNAP BENEFITS.



WANT TO HELP YOUR NEIGHBORS IN NEED?



Downers Grove Township, together with The Salvation Army, wants to help.
Please consider donating to provide assistance to families and seniors in our community.

SCAN HERE TO DONATE



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.

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 No Meeting in July

February 3, 2025 August 4, 2025

March 3, 2025 September 8, 2025

(2nd Monday due to Labor Day)
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 Monday of every month (as of July) at 7:00 PM
Downers Grove Township Center
4341 Saratoga Ave.
Downers Grove, IL 60515

January 16, 2025 July 21, 2025

February 27, 2025 August 18, 2025

(4th Thursday)
September 15, 2025

March 20, 2025 October 20, 2025

April 17, 2025 November 17, 2025

May 15, 2025

December 15, 2025

June 26, 2025

(4th Thursday)

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



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



DOWNERS GROVE TOWNSHIP ELECTED OFFICIALS

Supervisor Kim Savage

Assessor Gregory A. Boltz

Highway Commissioner Tom Chlystek

> **Clerk** Mandy Roudebush

BOARD OF TRUSTEES

Kevin Szczerba Karol Sole Michelle Moreno Richard Friel

STAY CONNECTED!

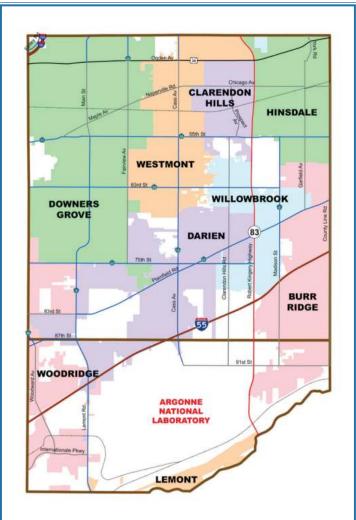
Follow us on Facebook: www.facebook.com/dgtownship

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 Boundaries

Downers Grove Township is the largest township in DuPage County and covers the following areas: east to County Line Road, west to Woodward Avenue, 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