

JANUARY 2026



## **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](http://www.myactivecenter.com/activities/4276:1)

**Registration for January programs opens on  
Tuesday, December 30 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***

Downers Grove Township Center  
4341 Saratoga  
Downers Grove, IL 60515

## Senior Programs January 2026

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



| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|
| <b>29</b><br><b>9:30</b> Chair Yoga*<br><b>3:00</b> Chair Yoga*  | <b>30</b><br><b>9:30</b> Games & Crafts<br><b>11:00</b> Community Dining<br><b>1:00</b> Ageless Agility*<br><b>2:30</b> Games                                      | <b>31</b><br><b>11:00</b> New Year's At Noon Social   | <b>1</b><br>Closed in Observance of New Year's Day  | <b>2</b><br><b>1:30</b> Musical Jam                         |
| <b>5</b><br>No Downers Grove Township Center Programs  | <b>6</b><br><b>9:30</b> Games & Crafts<br><b>11:00</b> Community Dining<br><b>12:30</b> Creative Goal Setting Workshop<br><b>2:30</b> Games                        | <b>7</b><br><b>9:30</b> Chair Yoga*<br><b>11:00</b> Community Dining<br><b>12:30</b> Fall Prevention Seminar<br><b>3:00</b> Chair Yoga*               | <b>8</b><br><b>9:30</b> Men's Coffee & Conversation<br><b>11:30</b> Relaxation Class<br><b>12:00</b> SSS: Inheritance Strategies<br><b>2:30</b> Games | <b>9</b><br>No Downers Grove Township Center Programs       |
| <b>12</b><br><b>9:00</b> Just Us Seniors<br><b>1:00</b> Card Making*   | <b>13</b><br><b>9:30</b> Games & Crafts<br><b>11:00</b> Community Dining<br><b>12:30</b> Newcomer Meet & Greet<br><b>2:30</b> Games                                | <b>14</b><br><b>9:30</b> Chair Yoga*<br><b>11:00</b> Alan & Jimmy at Community Dining<br><b>12:30</b> Bingo<br><b>3:00</b> Chair Yoga*                | <b>15</b><br><b>9:30</b> Spreading Sunshine<br><b>11:00</b> Minute To Win It!<br><b>1:00</b> CapTel Presentation<br><b>2:30</b> Games                 | <b>16</b><br><b>11:30</b> Bunco<br><b>2:00</b> Acoustic Jam |
| <b>19</b><br>Closed in Observance of Martin Luther King Jr. Day  | <b>20</b><br><b>9:30</b> Games & Crafts<br><b>11:00</b> Community Dining<br><b>12:30</b> VR Dementia Care Training<br><b>1:30</b> Cordia Tour<br><b>2:30</b> Games | <b>21</b><br><b>9:30</b> Chair Yoga*<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>22</b><br><b>9:30</b> MyActiveCenter Registration Training + Q & A<br><b>12:00</b> Learn to Play Canasta<br><b>2:30</b> Games                      | <b>23</b><br><b>1:00</b> Popcorn Matinee                    |
| <b>26</b><br><b>11:30</b> Crafternoon: Paint & Frame with Purpose*<br><b>2:00</b> Crafternoon: Paint & Frame with Purpose* | <b>27</b><br><b>9:30</b> Games & Crafts<br><b>11:00</b> Community Dining<br><b>12:30</b> Living Well with Arthritis<br><b>2:30</b> Games                           | <b>28</b><br><b>9:30</b> Chair Yoga*<br><b>11:00</b> Community Dining<br><b>12:30</b> Wii Wednesday<br><b>3:00</b> Chair Yoga*                        | <b>29</b><br><b>11:00</b> Self-Spa Day<br><b>2:30</b> Games   | <b>30</b><br>No Downers Grove Township Center Programs      |

\* \$5 cost to participate

Registration for January programs opens Tuesday, December 30 at 9:00am

To learn more visit: [www.dgtownship.com/senior-services/](http://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  
**JANUARY 2026**

(630) 642-8517

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
|   |   |   | ALL LOCATIONS<br>CLOSED IN<br>OBSERVANCE OF<br>NEW YEAR'S DAY | 2   |
| 5   | BBQ Riblet<br>Oven Fries<br>Broccoli<br>Wheat Bun<br>Whole Apple<br>6   | Chicken Tortilla Soup<br>Spanish Brown Rice<br>Black Beans & Corn<br>Tortilla Chips<br>Chef's Fruit<br>Oatmeal Cookie (*) 7 | 8   | 9   |
| 12  | Chicken Chardonnay<br>Mashed Potatoes<br>Broccoli<br>Multigrain Bread<br>Fresh Orange<br>Chocolate Pudding (*) 13 | Texas Chili<br>Mac & Cheese<br>Country Blend Veggies<br>Multigrain Bread<br>Fruit Cup 14                                    | 15  | 16  |
| ALL LOCATIONS<br>CLOSED IN<br>OBSERVANCE OF<br>MARTIN LUTHER<br>KING JR. DAY 19 | Turkey Pot Roast & Gravy<br>Baked Potato<br>Peas & Carrots<br>Multigrain Bread<br>Chef's Fruit 20                 | Spaghetti & Meatballs<br>Marinara Sauce<br>Broccoli<br>Wheat Vienna<br>Chilled Peaches 21                                   | 22  | 23  |
| 26  | Potato Leek & Sausage<br>Chowder<br>Peas & Carrots<br>Mixed Salad Greens<br>Corn Bread<br>Warm Apple Crumble 27   | Miso Glazed Chicken Thigh<br>Scalloped Potatoes<br>Baked Bean Casserole<br>Multigrain Bread<br>Fruit Jello 28               | 29  | All Meals Include a<br>Beverage<br>(*) Substitutions for<br>Diabetic 30 |

MENU ITEMS SUBJECT TO CHANGE WITHOUT NOTICE DGT

# PLEASE REGISTER IN ADVANCE FOR ALL EVENTS!

Visit [myactivecenter.com/activities/4276:1](https://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.*

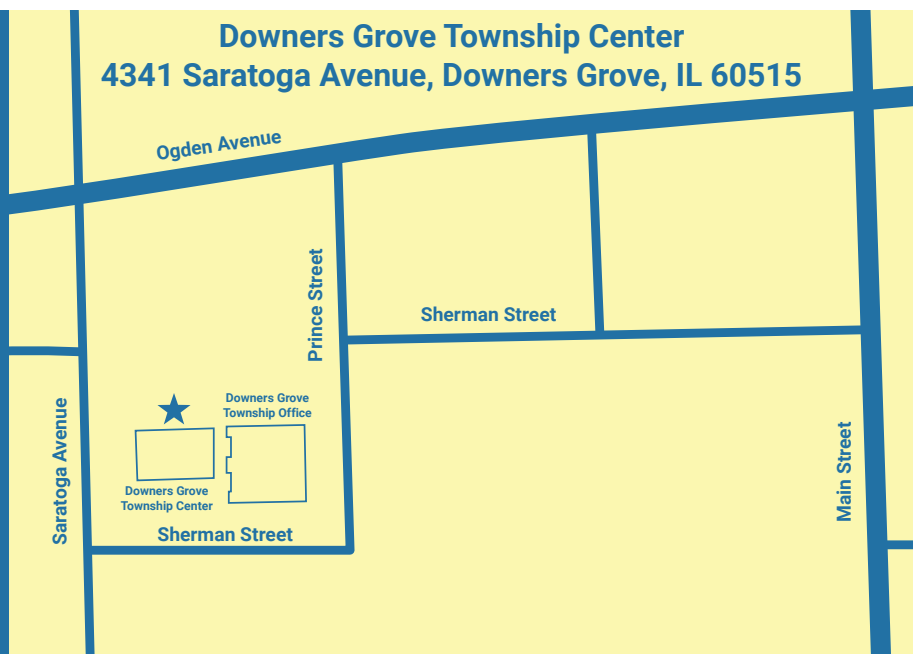
## JUST A REMINDER

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

**REGISTRATION FOR JANUARY  
PROGRAMS OPENS ON TUESDAY,  
DECEMBER 30 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!







## 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, January 2, 2026**  
**1:30 PM - 3:30 PM**



## 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, January 6, 13, 20, 27, 2026**  
**Thursdays, January 8, 15, 22, 29, 2026**  
**2:30 PM - 3:30 PM**

## 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 Township Center will be closed for a staff meeting before that time. Thank you for being so understanding.***

**Tuesdays, January 6, 13, 20, 27, 2026**  
**9:30 AM - 10:30 AM**



## CREATIVE GOAL SETTING WORKSHOP

What would you like to experience in 2026? Learn how to turn a wish into a plan in this Creative Goal Setting Workshop, led by Township staff. During the Workshop, we will discuss tips and tricks that move you from "stuck" to successful, while making the process fun, rather than frustrating. Then, once you've worked through the goal setting process, we will unleash the craft supplies so you can create your own vision board or "goal-anchoring" craft to keep you excited to step into the best version of yourself yet. Feel free to bring items from home that you would like to include in your creation.

**Tuesday, January 6, 2026**  
**12:30 PM - 2:00 PM**



**Register at [myactivecenter.com/activities/4276:1](https://myactivecenter.com/activities/4276:1) or call 630-719-6670**  
**Downers Grove Township Center | 4341 Saratoga Avenue, Downers Grove, IL 60515**



## 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!

**Presented by MKH Yoga**

**Wednesdays, January 7, 14, 21, 28, 2026**

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

**Cost: \$5**

## FALL PREVENTION: STRATEGIES FOR REDUCING YOUR RISK

This workshop is ideal for older adults and/or caregivers of older adults. This discussion will include common household risk factors as well as common medical conditions that can be risk factors for falls. We will also discuss actions that can be taken to reduce each of these risk factors. We will also talk about general balance concepts and how changes can be made to improve your balance.

**Presented by Brielle Ciucci  
from ARC Physical Therapy**

**Wednesday, January 7, 2026**

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



## 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, January 7, 14, 21, 28, 2026**

**3:00 PM - 4:00 PM**

**Cost: \$5**



**Register at [myactivecenter.com/activities/4276:1](https://myactivecenter.com/activities/4276:1) 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.

**Thursday, January 8, 2026  
9:30 AM - 10:30 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. **Please note that relaxation class meets in the Board Room of our 4340 building, next to the Downers Grove Township Center.**

**In partnership with Metropolitan Family Services  
Presented by Nate Underhile**

**1st Thursday of the month, January 8, 2026  
11:30 AM - 12:00 PM  
DG Township Board Room  
4340 Prince Street, Downers Grove, IL 60515**

## SSS: SIMPLE INHERITANCE STRATEGIES (Repeat Seminar)

**\*This is a repeat seminar!** Vince Bailey from Bank Financial will present on Simple Inheritance Strategies to help you make the most of your legacy inheritance plan by teaching you how to: maximize what you pass to your beneficiaries, decrease the taxes you pay on funds you leave to loved ones or charities, use your earmarked funds in the event of illness or other life emergencies, and estimate how long your money will last. Lunch will be provided.

**Presented by Vince Bailey from Bank Financial**

**Thursday, January 8, 2026  
12:00 PM - 2:00 PM**



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



## 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!

**Monday, January 12, 2026**  
**9:00 AM - 10:00 AM**



## NEWCOMER MEET AND GREET

Welcome to all new(ish) seniors at our Township Center! Whether you are just 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 Township Center staff and a few Township Center regulars as we explain the ins and outs of the Township 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!

**Tuesday, January 13, 2026**  
**12:30 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, January 12, 2026**  
**1:00 PM - 3:00 PM**

**Cost: \$5**

**Register at [myactivecenter.com/activities/4276:1](https://myactivecenter.com/activities/4276:1) or call 630-719-6670**





## ALAN AND JIMMY AT COMMUNITY DINING: CROONER TUNES

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!

**Register for Community Dining by calling  
(630) 642-8517.**

**Wednesday, January 14, 2026  
11:00 AM - 12:00 PM**

## 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!

**Sponsored by Clemens Enterprises  
Presented by Alyssa Vejendla**

**Wednesday, January 14, 2026  
12:30 PM - 2:00 PM**



## 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.

**Thursday, January 15, 2026  
9:30 AM - 10:30 AM**



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



## MINUTE TO WIN IT

Bring your competitive edge and your sense of humor to Minute To Win It! Join us as we rotate through a series of wacky “minute to win it” games—some played in teams, some played solo, all guaranteed to bring lots of laughs. Whether you’re competing or cheering others on, it’s all about having a great time together. Come test your skills, cheer on your friends, and enjoy a lively hour of friendly challenges! Program will be lead by Township Staff.

**Thursday, January 15, 2026**  
**11:00 AM - 12:00 PM**

## CAPTEL AMPLIFIED PHONE PRESENTATION

Tired of saying, “Huh?” Can’t hear on the phone? Come learn about a telephone service that can help. The **CapTel Captioned Telephone** allows people with hearing loss to listen to their caller and read everything the caller says. Like captions on TV—for your phone! With verified hearing loss, you get the phone plus installation at no cost. No monthly fees or contracts are required. No landline needed.

**Thursday, January 15, 2026**  
**1:00 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. Don’t miss out on the excitement!

**Prizes sponsored by Allison Green**  
**of Assisted Living Locators**

**Friday, January 16, 2026**  
**11:30 AM - 1:00 PM**

## ACOUSTIC JAM

If you are a musician looking for a place to unplug and play, Acoustic Jam is the place to be! Acoustic Jam is a lighter version of our classical Musical Jam program, and welcomes members who are going for a more relaxed atmosphere to collaborate with other musicians with a similar style and vibe. Feel free to bring sheet music to share with the group. ***\*Please note that this program is for musicians only.***

**Friday, January 16, 2026**  
**2:00 PM - 3:30 PM**



**Register at [myactivecenter.com/activities/4276:1](https://myactivecenter.com/activities/4276:1) or call 630-719-6670**





## DEMENTIA REALITY FOR FAMILY CAREGIVERS

Dementia Reality for Family Caregivers is an immersive training designed to help families connect more meaningfully with loved ones living with dementia. Through cutting-edge virtual reality and expert guidance, caregivers gain the empathy, practical skills, and emotional support they need to face the challenges of dementia care with greater confidence and compassion. Key benefits: Step into their world with VR technology that simulates the experience of living with dementia-helping you see everyday situations

through your loved one's eyes. Master practical strategies for communication, daily routines, and managing difficult behaviors, all grounded in proven caregiving techniques. Build emotional resilience with tools that reduce stress, increase preparedness, and foster a deeper sense of connection. Join a supportive community of fellow caregivers who understand your journey and offer encouragement, shared experiences, and hope. For more information about **Dementia Reality**, visit [www.dementiareality.org](http://www.dementiareality.org). **\*\*Must call (630) 719-6670 to register.**

**\*\*This program will take place in the Board Room of our Township office building.**

**Sponsored by Angels Homecare Services, Inc.**



**Tuesday, January 20, 2026**

**12:30 PM - 3:30 PM**

**DG Township Board Room**

**4340 Prince Street, Downers Grove, IL 60515.**



## CONCIERGE APARTMENT TOUR AT CORDIA SENIOR RESIDENCE



Concierge living is Cordia's brand new take on community living, offering the option for maximum independence combined with the convenience and social opportunities provided by living within a community. Come check out

their newly renovated "Concierge-Only" apartments and see what the buzz is all about.

**Sponsored by Cordia Senior Residence  
Presented by Shelly Lindsay**

**Tuesday, January 20, 2026**

**1:30 PM - 3:30 PM**

**Offsite Program**

**Cordia Senior Residence**

**856 N. Cass Ave, Westmont, IL 60559**

**Downers Grove Township Center | 4341 Saratoga Avenue, 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, January 21, 2026**  
**12:30 PM - 1:30 PM**

## TOWNSHIP CENTER REGISTRATION TRAINING + Q AND A



It's no secret that our programs at the Township Center fill up FAST—sometimes within MINUTES. We don't want the "intimidation factor" of signing up online to stop you from getting into your favorite programs. And the good news

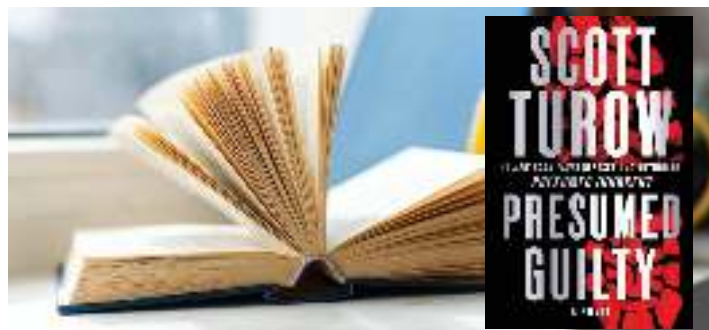
is, it's MUCH easier than you think! In this relaxed, hands-on class, we'll walk you through how to use MyActiveCenter to sign up for programs, check schedules, and manage your account. Bring along your favorite device (cell phone, laptop, or tablet) and we'll all learn together! Township Center Staff will also be available for questions and answers after the hands-on part of the training.

**Thursday, January 22, 2026**  
**9:30 AM - 11:00 AM**

## BOOK CLUB

Join the club! In January, we will be discussing the legal thriller *Presumed Guilty* by Scott Turow. The story follows retired judge Rusty Sabich as he returns to the courtroom to defend his fiancée's adopted son, Aaron, who is accused of murdering his girlfriend. The novel explores themes of racial prejudice, the justice system, and the personal and professional challenges Sabich faces. **Please call to register! If you would like the library to pre-reserve a copy for you, please speak with a staff member for more information. (630) 719-6670**

**Wednesday, January 21, 2025**  
**1:30 PM - 2:30 PM**  
**DG Township Board Room**  
**4340 Prince Street, Downers Grove, IL 60515**



## LEARN TO PLAY CANASTA

Join us for a fun and friendly introduction to Canasta, a classic card game played with partners where the goal is to form melds—sets of matching cards—to score points. **Instructor Debbie DiPasquale** will guide participants through the basic rules, scoring, and simple strategies so you can start playing with confidence. Whether you're brand new to the game or just need a refresher, this relaxed, hands-on session is the perfect way to learn. All materials will be provided.

**Thursday, January 22, 2026**  
**12:00 PM - 2:00 PM**



**Register at [myactivecenter.com/activities/4276:1](https://myactivecenter.com/activities/4276:1) or call 630-719-6670**



## POPCORN MATINEE

Start the year with a little laughter and a whole lot of fun at our Popcorn Movie Matinee! We'll choose between *Happy Gilmore 2* – the hilarious sequel starring comedy legend Adam Sandler – or the charming mystery-comedy *The Thursday Murder Club*, based on the beloved novel and featuring a delightful ensemble cast. On the day of the event, we vote with a show of hands to pick the winner. Enjoy fresh, delicious movie-theater popcorn as we relax, unwind, and enjoy the chosen film together.

**Friday, January 23, 2026**  
**1:00 PM - 3:00 PM**



## LIVING WELL WITH ARTHRITIS (Repeat Seminar)

Join us for an engaging and educational seminar presented by **Julianne Rizzo, RN** and owner of **Oasis Senior Advisors**, as she leads a discussion on Living Well With Arthritis. This session will cover important topics including the prevalence, symptoms, and causes of arthritis, as well as risk factors and available treatment options. Learn how nutrition, exercise, and simple daily living strategies can help you or a loved one manage arthritis and maintain quality of life.

**Tuesday, January 27, 2026**  
**12:30 PM - 1:30 PM**

## CRAFTERNOON: PAINT & FRAME WITH A PURPOSE

We're offering a special 2-hour painting class at the Township Center, led by one of our talented residents—a retired art teacher, **Christine Ploense**, who loves sharing her skills. In this class, you'll complete two small paintings, learn a fun painting technique, and place it in a frame to display your artwork at home. All materials will be provided, and no experience is needed. There will be two sessions offered—please sign up for just one. Space is limited, so be sure to register.

**Monday, January 26, 2026**  
**11:30 AM - 1:30 PM and 2:00 PM - 4:00 PM**  
**Cost: \$5**



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





## WII WEDNESDAY (& PING PONG!)

Looking for a fun and friendly way to stay active and social? Join us for Nintendo Wii & Ping Pong at the Downers Grove Township Township Center! Whether you're a seasoned pro or just trying something new, this is a great opportunity to get moving, challenge your hand-eye coordination, and enjoy some lighthearted competition with friends.

**Wednesday, January 28, 2026  
12:30 PM - 2:00 PM**

## SELF-SPA DAY: TREAT YOURSELF

Join us for a relaxing Self-Spa Day at the Township Center! We'll provide all the materials you need, so it's easy and low-mess. You'll get to pamper yourself with hands-on activities, enjoy a few relaxing items to take home, and take a little time just for you. It's a perfect way to refresh, unwind, and get ready for the year ahead. Treat yourself—you deserve it!

**Sponsored by Home Helpers**

**Thursday, January 29, 2026  
11:00 AM - 1:00 PM**



As we welcome the year 2026, I extend my best wishes for a prosperous, healthy, and hopeful New Year to all the residents of Downers Grove Township. I am appreciative of the dedicated efforts of our township center, volunteers, staff, community members, residents, student interns, the clerk, trustees, highway department, and assessor's office.



**Kim Savage**  
**Downers Grove Township Supervisor**



Let's show some love to our community members in need. This month, 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

**Register at [myactivecenter.com/activities/4276:1](https://myactivecenter.com/activities/4276:1) or call 630-719-6670**

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





## EVERYONE IS GOOD AT SOMETHING!

The Downers Grove Township Center is looking for volunteer teachers and presenters. Some of our most popular classes are taught by people who frequently hang out at the Downers Grove Township 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.



 **DOWNERS GROVE TOWNSHIP**

# LIHEAP

## LOW INCOME HEATING AND ENERGY PROGRAM

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

### APPLICATION DATES

OCTOBER 1, 2025 - JULY 31, 2026

### APPOINTMENTS

FOR MORE INFORMATION AND TO MAKE AN APPOINTMENT, CALL OUR GENERAL ASSISTANCE 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              |
| 3           | \$5,182               | \$64,582              |
| 4           | \$6,407               | \$76,884              |
| 5           | \$7,432               | \$89,185              |
| 6           | \$8,457               | \$101,486             |
| 7           | \$9,641               | \$113,793             |

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.



## COMMUNITY ASSISTED RIDES

### Make a Difference as a CARS Volunteer!

**Community Assisted Rides (CARS)** provides local older adults with safe, accompanied ride services and friendly outreach. The older adults CARS serve are our parents, neighbors, former teachers and childhood leaders—a generation of people whose wisdom and talents shaped our community. Now they need a little assistance from us—not just to stay connected to their community, but to get to essential appointments and life-enhancing errands when they no longer feel comfortable or are unable to drive themselves.

As a CARS volunteer, you'll bring security, dignity, and companionship to local older adults while cultivating a community whose citizens look out for one another. Plus, our volunteer schedules are highly flexible and all training is provided!

Driving Connection, One Ride at a Time

[communityassistedrides.org](http://communityassistedrides.org) • 708-354-9328

## 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.

## 2026 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 5, 2026

July 6, 2026

February 2, 2026

August 3, 2026

March 2, 2026

September: No Meeting  
(Labor Day Holiday)

April 6, 2026

October 5, 2026

May 4, 2026

November 2, 2026

June 1, 2026

December 7, 2026: Holiday Celebration

## 2026 DOWNERS GROVE TOWNSHIP BOARD MEETING SCHEDULE

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

January 12, 2026  
(2nd Monday)

July 20, 2026

February 9, 2026  
(2nd Monday)

August 17, 2026

September 21, 2026

March 16, 2026

October 19, 2026

April 20, 2026

November 16, 2026

May 18, 2026

December 14, 2026

June 15, 2026



# 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



## 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](mailto: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](mailto: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](http://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>

#### FIRST MONDAY OF THE MONTH

10:30-11:30am

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

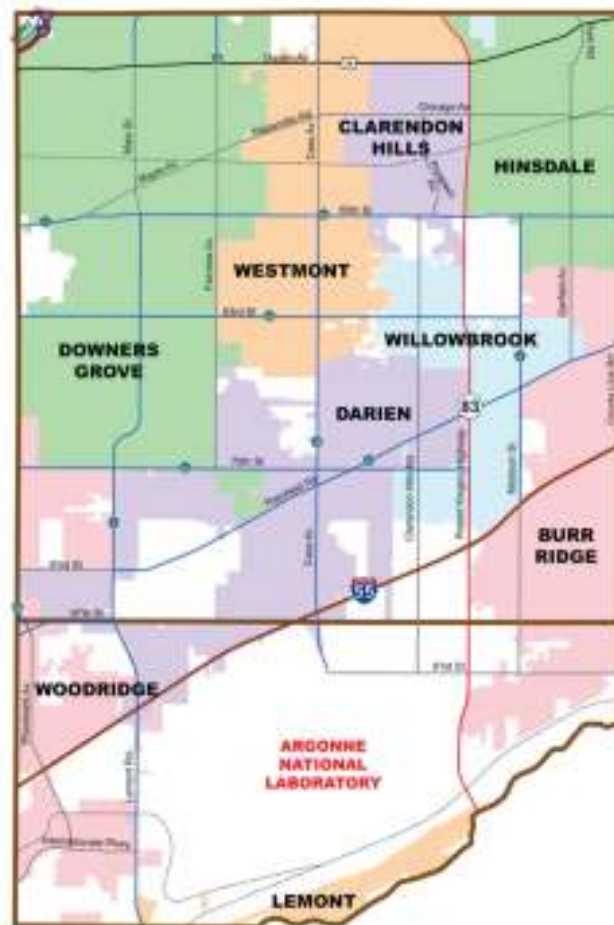
## BOARD OF TRUSTEES

Kevin Szczerba

Karol Sole

Michelle Moreno

Richard Friel



## 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**

## STAY CONNECTED!

Follow us on Facebook:

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

Follow us on Nextdoor: [www.nextdoor.com](http://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/](http://www.dgtownship.com/senior-services/)

