

SEPTEMBER 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

**Registration for September programs opens on
Tuesday, August 25 at 9:00am**

DO NOT LEAVE A VOICEMAIL

ATTENTION: The Supervisor's Office will **NOT** be
available for walk-ins from 8:30 to 10:00 am.

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

September 2026

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



Monday	Tuesday	Wednesday	Thursday	Friday
31 No Senior Events Coordination Time	1 9:30 Open Games 9:30 Hobby Enthusiast Gathering 11:00 Community Dining with Tino 12:30 Fun & Festive Fall Events 2:30 Games	2 9:30 Chair Yoga* 11:00 Community Dining 12:30 Fall Prevention 3:00 Chair Yoga*	3 9:30 Spreading Sunshine 1 10:00 Open Games at Darien P.D. 11:00 Summer Stories & Snapshots 1:00 Tai Chi 2:30 Games	4 12:00 Labor Day Picnic at McCollum Park
7 Closed in Observance of Labor Day	8 9:30 Open Games 9:30 Hobby Enthusiast Gathering 11:00 Community Dining 1:00 Decluttering Seminar 2:30 Games	9 9:30 Chair Yoga* 11:00 Community Dining 11:15 2027 Medicare Updates Seminar 12:30 Bingo 2:15 Medicare Seminar 3:00 Chair Yoga*	10 9:00 Men's Coffee & Conversation 10:00 Open Games at Darien P.D. 10:00 Caregiver Support Group 11:30 Relaxation 12:00 SSS: Making Your Money Last 2:30 Games	11 1:00 Popcorn Matinee Saturday, September 12 12:00 Baked Apple Meet-Up
14 9:00 Esophageal Pre-Cancer Screening 10:30 Just Us Seniors 12:00 Retro Soda Shop Stop* 1:00 Card Making*	15 9:30 Open Games 9:30 Hobby Enthusiast Gathering 11:00 Community Dining 12:00 Humana Office Hours with Tino 12:30 Sing-a-long 2:30 Games	16 9:30 Chair Yoga* 11:00 Alan & Jimmy at Community Dining 12:30 Headaches Decoded 1:30 Book Club 3:00 Chair Yoga*	17 9:30 Spreading Sunshine 2 10:00 Open Games at Darien P.D. 11:00 Poetry Cafe 1:00 Tai Chi 2:30 Games	18 9:30 Veterans Coffee, Conversation, & Resource Rally 11:30 Bunco 2:00 Karaoke
21 10:00 Make & Take Pie Day 1:00 Fall Centerpieces	22 9:30 Open Games 9:30 Hobby Enthusiast Gathering 11:00 Community Dining 1:00 Yiddish Book Discussion 2:30 Games	23 9:30 Chair Yoga* 11:00 Community Dining 12:30 Seasonal Placemats* 3:00 Chair Yoga*	24 10:00 Acoustic Jam 10:00 Open Games at Darien P.D. 10:00 Caregiver Support Group 11:30 Relaxation 12:30 Estate Planning 1:00 Tai Chi 2:30 Games	25 12:00 Scarecrow Decorating & Display Contest
28 1:00 Fall festival with The Pearl Senior Living	29 9:30 Open Games 9:30 Hobby Enthusiast Gathering 11:00 Community Dining 12:00 Humana Office Hours with Tino 12:30 AI Made Simple 2:30 Games	30 9:30 Chair Yoga* 11:00 Community Dining 12:30 Wii Wednesday 3:00 Chair Yoga*	1 9:30 Spreading Sunshine1 10:00 Open Games at Darien P.D. 11:00 Pressed Flower Bookmarks* 1:00 Step to the Beat! 2:30 Games	2 1:30 Musical Jam

* \$5 cost to participate
** Fee to participate

Registration for August programs opens Tuesday, August 25 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, nutritious meals to seniors 60+
on Tuesdays and Wednesdays
from 11:00 am -12:00 pm.

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

A donation of \$5.00 is requested
(Flat \$7.00 fee for anyone under the age of 60)

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



DuPage Senior Citizens Council
Providing Meals and More...

COMMUNITY DINING MENU

Downers Grove Township
SEPTEMBER 2026

(630) 642-8517

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Italian Sausage / Marinara Scalloped Potatoes Brussels Sprouts Whole Wheat Sausage Bun Fresh Melon 1	BBQ Pulled Chicken Cheddar Mashed Potatoes Broccoli Whole Wheat Sandwich Bun Chilled Pears 2	3	4
ALL LOCATIONS CLOSED IN OBSERVANCE OF LABOR DAY 7	COLD MEAL Chicken Pasta Salad w/Creamy Parmesan Mixed Salad Greens Herbed Tomato Wedges Multi Grain Bread Pineapple Tidbits 8	Eggs Lorraine (Bacon) Potato O'Brien Blueberry Muffin Fruit Cup Fresh Orange 9	10	11
14	Salisbury Steak Mashed Potatoes Cabbage & Carrots Multi Grain Bread Fresh Melon Oatmeal Raisin Cookie (*) 15	Pizza Calzone Broccoli Sicilian Blend Veggies Mixed Salad Greens Mixed Fruit 16	17	18
21	Beef French Dip w/Mushrooms & Onions Oven Fries Corn Whole Wheat French Roll Whole Apple 22	Lasagna w / Meat Sauce Squash Medley Italian Green Beans Whole Wheat Vienna Bread Chilled Pears 23	24	25
28	Hamburger Bean Casserole Mixed Veggies Whole Wheat Bun Fruit Sunburst (*) 29	COLD MEAL BLT Chicken Salad Mixed Salad Greens/Tomato Tri Bean Salad Corn Bread Mandarin Oranges 30		All Meals Include a Beverage (*) Substitutions for Diabetic

MENU ITEMS SUBJECT TO CHANGE WITHOUT NOTICE DGTS

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

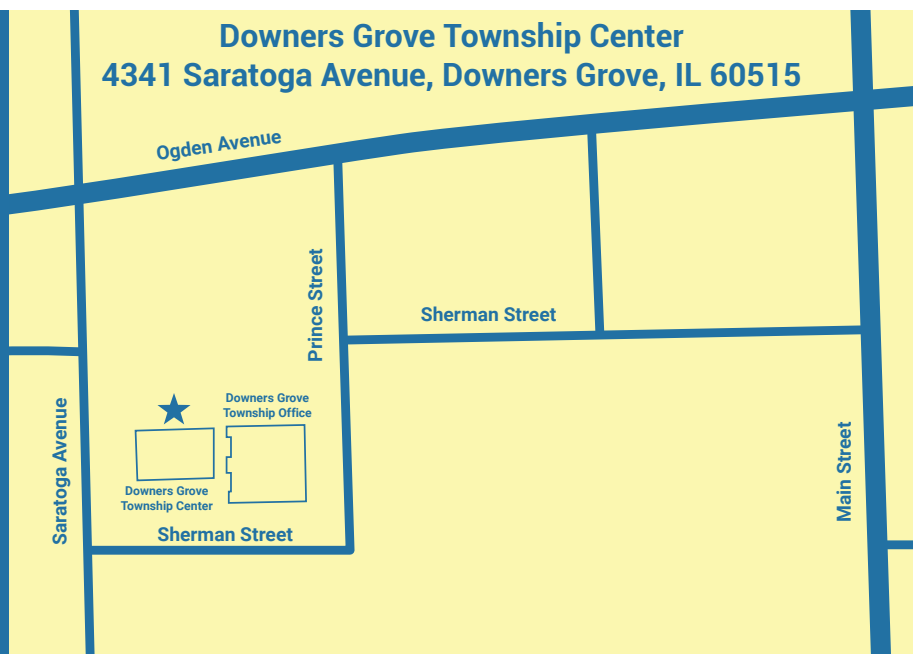
Township Center doors will be opened 30 minutes before the start time of an event.

**REGISTRATION FOR SEPTEMBER
PROGRAMS OPENS ON TUESDAY,
AUGUST 25 AT 9:00AM**

DO NOT LEAVE A VOICEMAIL.

ATTENTION: The Supervisor's Office will NOT be available for walk-ins from 8:30 to 10:00 am.

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!





OPEN GAMES

Calling all early birds! Meet up with us on Tuesday mornings for some coffee, camaraderie, gaming, and conversation. We have a variety of board games, playing cards, American and Chinese Mahjong sets, puzzles, and more! This is also a great time to bring your own games, or try something new to you, while hanging out with great people and starting your day off right. **Doors open at 9:00 am.**

Tuesdays, September 1, 8, 15, 22, 29, 2026
9:30 AM - 10:30 AM

HOBBY ENTHUSIAST GATHERING

Bring your crochet project and join us for a relaxing time stitching, chatting, and enjoying good company! Whether you're working on a project or just looking for a friendly place to crochet, come join the group and share your creativity with others.

Tuesdays, September 1, 8, 15, 22, 29, 2026
1:00 PM - 3:00 PM



FUN AND FESTIVE FALL WORKSHOP

Join us for this informational seminar where we will help you fill your day planner with a variety of fun and festive Fall activities being offered in a variety of locations throughout the Township! We will collect the information, you just show up and fill your calendar with the ones that pique your interest! All you need to bring is your beautiful self and a calendar or planner!

Tuesday, September 1, 2026
12:30 PM - 1:30 PM



HUMANA OFFICE HOURS WITH TINO

Have questions about Medicare or your health insurance? Stop by during Humana Office Hours to meet one-on-one with **Humana representative Tino Binetti**. Whether you need help understanding your coverage, reviewing your options, or getting answers to general Medicare questions, Tino is here to provide helpful information and guidance.

Tuesday, September 1, during Community Dining
11:00 AM - 12:00 PM

Tuesdays, September 15 & 29, 2026
12:00 PM - 2:00 PM

Township Board Room
4340 Prince St., Downers Grove, IL

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

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



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, September 1, 8, 15, 22, 29, 2026
Thursdays, September 3, 10, 17, 24,
October 1, 2026
2:30 PM - 3:30 PM

MORNING CHAIR YOGA

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

Wendesdays, September 2, 9, 16, 23, 30, 2026
9:30 AM - 10:30 AM

Cost: \$5



FALL PREVENTION

Join **Suzanne Kinsey from Angels Homecare** for an informative seminar on reducing your risk of falls and maintaining your independence. Learn practical tips for improving balance, identifying common fall hazards, and creating a safer home environment. Whether you're looking to protect yourself or a loved one, you'll leave with simple strategies to help you stay active and confident. A light snack will be provided.

Wednesday, September 2, 2026
12:30 PM - 2:00 PM



AFTERNOON CHAIR YOGA

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

Wendesdays, September 2, 9, 16, 23, 30, 2026
3:00 PM - 4:00 PM

Cost: \$5

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



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. *Spreading Sunshine is collecting the Items below for SCARCE to recycle. Please bring your items on Spreading Sunshine days.*

- Pull Tabs
- Crayons
- Bread Fasteners
- Brita Filters

Thursdays, Session 1: September 3, 2026,
October 1, 2026
Session 2: September 17, 2026
9:30 AM - 10:30 AM



SUMMER STORIES AND SNAPSHOTS

Every summer has a story to tell! Join us for a relaxed conversation as we share vacation memories, day trips, favorite summer moments, and seasonal adventures. We'll have fun prompted questions to keep the conversation flowing, and you're welcome to bring photos or souvenirs to share. If your photos are on your phone, we'll have an adapter available so everyone can enjoy them on the big screen.

Thursday, September 3, 2026
11:00 AM - 12:30 PM

OPEN GAMES AT DARIEN PARK DISTRICT

If there's one thing we know for sure, it's that Township Seniors are serious about their games! In order to provide more open gaming options around the community, **Darien Park District** is now hosting Open Games every Thursday from 10:00 a.m. to 12:00 p.m. Bring your friends and let the games begin! ****Registration is currently only available through the Township on My Active Center or by calling (630) 719-6670.**

Thursdays, September 3, 10, 17, 24,
October 1, 2026
10:00 AM - 12:00 PM
Off-site Program
Darien Park District
7301 Fairview Ave., Darien, IL 60561



TAI CHI

Tai Chi is a 16-week-long, progressive exercise program designed to increase range of motion, strength, flexibility and overall wellness. Exercises offered are appropriate for people of all fitness levels--you can participate sitting or standing. Join us to improve your health and make new friends!

Sponsored by White Crane Wellness
Presented by MariJane Dare

Thursdays, September 3, 17, 24, 2026
1:00 PM - 2:00 PM

***Registration is closed for this program.**



LABOR DAY PICNIC AT MCCOLLUM PARK

Celebrate the close of summer with friends, food, and fun at our annual Labor Day Picnic! This relaxing and festive event offers a chance to enjoy the season's last warm days in a welcoming, laid-back setting. New this year we are partnering with **Downers Grove Park District** to bring live music to the party! Bring your favorite lawn chair if you'd like. Lunch will be served and **Erik Donner** will be performing. You won't want to miss it! Pre-registration is required. ***Please note: the nearest restrooms are about a five minute walk from the pavilion. In the event of bad weather, this program will be moved to the Lincoln Center.**

Friday, September 4, 2026

12:00 PM - 2:00 PM

Off-site Program

McCullum Park

**6801 Main St, Downers Grove, IL 60516
in the pavilion by the basketball courts**

2027 MEDICARE UPDATES SEMINAR

Medicare can be confusing, and changes are implemented at the federal level every year! **Alyssa Vejendla from Clemens Enterprises** is here to clear up the confusion and make sure you're aware of the changes in Medicare for 2027. She'll also cover how to save money on prescriptions and what resources exist to help folks with chronic conditions and lower incomes.



**Wednesdays, September 9, 2026,
October 14, 2026, November 4, 2026
11:15 AM - 12:15 PM
2:15 PM - 3:15 PM**

**Township Board Room
4340 Prince St., Downers Grove, IL**

DECLUTTER YOUR SPACE, SIMPLIFY YOUR LIFE SEMINAR

Ready to clear the clutter and create a more organized home? Join **Courtney Hedderman from AARP** for this informative seminar filled with practical tips to help you simplify your space and reduce everyday stress. You'll learn easy, sustainable organization strategies that can bring greater clarity, calm, and efficiency to your daily life.

Tuesday, September 8, 2026

1:00 PM - 2:00 PM



BINGO

Come to the Downers Grove Township Center for a fun afternoon of Bingo, hosted and sponsored by our fabulous "Bingo Lady," **Alyssa Vejendla from Clemens Enterprises**! 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, September 9, 2026

12:30 PM - 2:00 PM



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



MEN'S COFFEE AND CONVERSATION

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, September 10, 2026
9:00 AM - 10:30 AM

SENIOR SURVIVAL SKILLS: MAKING YOUR MONEY LAST

Are you confident your retirement savings will support the life you've worked so hard to build? Join **Devin Price, Financial Advisor with Edward Jones**, for an informative presentation designed to help you make the most of your retirement years. Learn practical strategies for creating a retirement income plan that can help your money last, while exploring important topics such as inflation, health care costs, market volatility, and preparing for life's unexpected twists and turns. Whether you're already retired or planning for the future, this session will provide valuable insights to help you feel more informed and prepared.

Lunch will be provided, courtesy of Edward Jones.

Thursday, September 10, 2026
12:00 PM - 2:00 PM

Edward Jones



CAREGIVER SUPPORT GROUP

Our new Caregiver Support Group, led by **Nate Underhile from Metropolitan Family Services**, is designed for persons caring for aging parents or spouses, in person or long distance, including loved ones living with Alzheimer's disease or dementia. In a relaxed, understanding setting, participants can share experiences, talk through challenges, learn to balance their own needs with those of their loved ones, and discover helpful tips and resources. Most importantly, it's a chance to connect with others who understand the caregiving journey and to be reminded that you're not alone. The group meets in the Board Room at our 4340 Prince Street building on the 2nd and 4th Thursdays of each month. ♥

Thursdays, September 10 & 24, 2026
10:00 AM - 11:15 AM
Township Board Room
4340 Prince St., Downers Grove, IL

RELAXATION CLASS

Step into a space of tranquility. Join us in practicing calming breathing exercises, guided visualization, and mindful techniques that are designed to reduce stress and elevate your overall well-being. The mindfulness class will take place at the Board Room, located at 4340 Prince St., Downers Grove, IL. Seize this opportunity to invest in yourself and embrace your peace of mind!

In partnership with Metropolitan Family Services
Led by Nate Underhile

Thursdays, September 10 & 24, 2026
11:30 AM - 12:00 PM
Township Board Room
4340 Prince St., Downers Grove, IL



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



POPCORN MATINEE

Join us for this month's Popcorn Matinee at the Township Center, where you can enjoy fresh, movie-theater-style popcorn and some fun voting! Two different movie trailers will be shown, and YOU get to vote on which movie to view. For movie choices, ask Township staff. What's better than a great movie? A great movie with great snacks! Visit our new concession stand for tasty treats and the full movie-going experience. After watching both trailers, you'll have the chance to cast your vote by a show of hands. Then settle in for the feature presentation.

Friday, September 11, 2026
1:00 PM - 3:00 PM

BAKED APPLE MEET UP

Start your weekend with good food and even better company! The township invites you to come and join us for lunch at **The Baked Apple** in Downers Grove. This is a wonderful opportunity to enjoy a local restaurant and possibly meet new faces. ***Separate checks; registration is required. The Township will be making all the arrangements. This is an individual meet-up; no transportation is provided.**

Saturday, September 12, 2026

12:00 PM - 1:00 PM

Off-site Program

The Baked Apple

1224 Ogden Ave., Downers Grove, IL 60515



ESOPHAGEAL PRE-CANCER SCREENING

When it comes to health, let's be proactive! Did you know that Esophageal Cancer has increased over 500% in the past 4 decades? Through risk factors and symptoms, screening can help detect precancerous stages before it turns to cancer. Join us for a health and wellness, precancer screening to help with early detection! ****Please call (630)310-9553 for any questions about EsoGuard Screening and to sign up for your screening appointment. Appointments are REQUIRED.**

Screenings will be held in the Board Room at the Township in a private setting, and all of your information will be kept confidential.

Monday, September 14, 2026
9:00 AM - 2:00 PM
Township Board Room
4340 Prince St., Downers Grove, IL

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. Please don't be shy and give it a try!

Monday, September 14, 2026
10:30 AM - 11:30 AM



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



RETRO SODA SHOP STOP

Grab your hairspray, poodle skirts, and leather jackets—we're heading back to the 1950s soda shop era! Join us as we welcome **Candy Cloud**, a new local business in our neighborhood, for a special afternoon created just for us. They'll be adding some fun '50s touches to their shop and offering a special event menu of soda shop favorites for our group. Come dressed in your best '50s style, enjoy a sweet treat, and get to know a new local spot in the neighborhood that you may want to visit again! Your \$5 registration includes one item from the special event menu.

Monday, September 14, 2026

12:00 PM - 1:30 PM

Cost: \$5

CARDMAKING

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, September 14, 2026

1:00 PM - 3:00 PM

Cost: \$5



ALAN & 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! Enjoy a **Neil Diamond** themed special this month!

Wednesday, September 16, 2026

11:00 AM - 12:00 PM



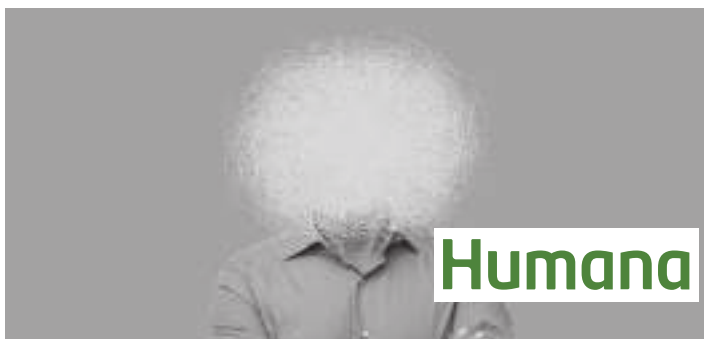
SING-A-LONG

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.

Tuesday, September 15, 2026

12:30 PM - 1:30 PM

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



HEADACHES DECODED

Visit the Township Center for a fun learning event. **Humana** will be presenting the topic: "Headaches Decoded." This interesting and helpful presentation will be interactive.

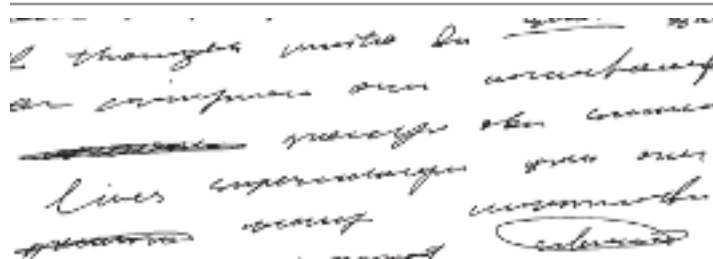
We will learn:

- What is a headache?
- The different types of headaches
- Symptoms and causes of headaches
- Treatment & prevention tips

We look forward to learning together with you!!!

Presented by Tino Benetti

**Wednesday, September 16, 2026
12:30 PM - 1:30 PM**



POETRY CAFE: SHARE, LISTEN, AND CONNECT

Whether you've been writing poetry for years or have a favorite poem that has stayed with you throughout your life, we'd love to hear it! Join us for an afternoon of poetry, conversation, and connection in a welcoming, supportive atmosphere. Participants are invited to share an original poem they've written or recite a favorite poem by another author. After each reading, we'll take a few moments to discuss the poem's meaning, themes, memories, or emotions it inspires. There are no critiques—just thoughtful conversation and appreciation for the power of words.

**Thursday, September 17, 2026
11:00 AM - 12:00 PM**

BOOK CLUB

Spanning thirty-five years, *The Names* follows three alternate and alternating versions of Cora's and her young son's lives, shaped by her choice of name. *The Names* explores the painful ripple effects of domestic abuse, the messy ties of family, and the possibilities of autonomy and healing. With exceptional sensitivity and depth, Florence Knapp draws us into the story of one family, told through a prism of what-ifs, causing us to consider the "one . . . precious life" we are given.

Wednesday, September 16, 2026

1:30 PM - 2:30 PM

Township Board Room

4340 Prince St., Downers Grove, IL



VETERANS' COFFEE, CONVERSATION, AND RESOURCE RALLY

Veterans Coffee, Conversation, and Resource Rally is a monthly opportunity for veterans to come together for coffee, light refreshments, and connection. There will also be a variety of community agencies available to discuss benefits and resources specifically for veterans. ***No registration necessary. Coffee and Conversation from 9:30-10:30. Resource Rally from 10:30-2:00 p.m.**

Friday, September 18, 2026

9:30 AM - 2:30 PM

Township Board Room

4340 Prince St., Downers Grove, IL



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



KARAOKE

Karaoke is for everyone! Join us for a relaxed, welcoming time to sing your favorite songs, solo or with friends. No experience needed, just a love for music and laughter. Enjoy good company, old favorites, and a supportive audience. Let's make great memories together!

Friday, September 18, 2026
2:00 PM - 3:00 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 &
Rachelle Ventura from In Home Personal Services
Presented by Allison Green

Friday, September 18, 2026
11:30 AM - 1:00 PM



FALL CENTERPIECES

Get into the spirit of the season with a festive fall centerpiece you'll be proud to display! Partnering with **Lacey Creek**, who will provide all the materials, and Township staff will guide you step-by-step as you create your own beautiful centerpiece—perfect for your home or holiday table. No crafting experience needed—bring your creativity and enjoy an afternoon of seasonal fun, conversation, and creativity!

Monday, September 21, 2026
1:00 PM - 3:00 PM



MAKE AND TAKE PIE DAY

Celebrate the flavors of fall with a cozy afternoon of pie making! Join Township staff and our friends from **Home Helpers** as we assemble delicious homemade pies to take home and bake. We'll provide everything you need, including pie crusts, fillings, pans, and printed baking instructions. Feeling creative? Try your hand at decorative crusts with fun tools and simple techniques to make your pie as beautiful as it is delicious. Best of all no baking experience is needed!

Monday, September 21, 2026
10:00 AM - 12:00 PM

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

BETWEEN TWO WORLDS: THE ZELMENYANERS BOOK DISCUSSION



Join us for a lively discussion of *The Zelmanyaners*, a classic work of Yiddish literature filled with humor, family dynamics, and the challenges of a rapidly changing world. This acclaimed novel follows four generations of a Jewish family in Minsk as they navigate the sweeping social and cultural changes brought by the Soviet era. Rich with wit, heart, and unforgettable characters, it offers plenty to discuss! Registration for this program is through the **Downers Grove Public Library**. Beginning August 22, visit the Adult & Teen Services Desk at the library to register and pick up your free copy of the book. Once you've finished reading, join fellow readers for an engaging discussion **hosted at the Downers Grove Township Center**. Whether you're a longtime book lover or simply enjoy thoughtful conversation, all are welcome! **Must register with the Downers Grove Public Library**

Tuesday, September 22, 2026
1:00 PM - 2:00 PM

SEASONAL PLACEMATS

Bring a little fall charm to your home with a handmade seasonal placemat! Create a beautiful centerpiece for your table—perfect for displaying a favorite bouquet, candle, or other fall décor. All materials are provided, and staff will guide you through the craft step by step. Just bring your creativity and enjoy a relaxing afternoon of crafting, conversation, and fall fun!

Wednesday, September 23, 2026
12:30 PM - 2:00 PM
Cost: \$5



ACOUSTIC MUSIC JAM

Attention acoustic musicians! If you play an acoustic instrument and are eager to jam with fellow seniors, we invite you to join us for an exciting jam session! Please bring your instrument and a music stand, and feel free to bring any sheet music you'd like to share. Come and enjoy an afternoon filled with live music and camaraderie—let's create some beautiful sounds together! **This event is for musicians only; audience members are not allowed.**

Thursday, September 24, 2026
10:00 AM - 11:30 AM

ESSENTIALS OF ESTATE PLANNING

Without a clear plan, even the simplest estates can quickly become stressful, expensive, and overwhelming for your loved ones. This presentation will guide you through the estate planning process so you can understand your options and make the best decisions for your unique situation. We'll break it down in a way that's easy to follow and relevant to your life. You'll learn:

- The difference between a will and a trust, and which one fits your needs
- What powers of attorney are and why they're essential
- How healthcare directives protect your wishes in a medical crisis

Allison Cychosz will help you avoid unnecessary legal headaches, reduce taxes and costs, and ensure your wishes are carried out exactly as you intend. You'll leave this session feeling confident, empowered, and ready to create a plan that gives peace of mind to you and the people you care about most.

Thursday, September 24, 2026
12:30 PM - 1:30 PM

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

12TH ANNUAL SCARECROW DECORATING CONTEST

Join the fun and help bring a little autumn magic to Downtown Westmont! The **Westmont Historical Society** and the **Westmont Chamber of Commerce** invite you to participate in the 12th Annual Scarecrow Decorating & Display Contest.

The Township is covering all registration fees and will provide the essential materials needed to create your scarecrow. Gather your friends, family members, neighbors, or fellow club members and form a team! Choose a creative theme, design your scarecrow, and showcase your imagination for the entire community to enjoy. Scarecrows will be displayed throughout Downtown Westmont from October 1–31, where visitors can admire the creations and cast their votes for their favorites. The winning scarecrow will be announced on November 1.

Sign up early and get ready to create a scarecrow that's sure to turn heads this fall!

Friday, September 25, 2026
12:00 PM - 3:00 PM

AI MADE SIMPLE - BACK BY POPULAR DEMAND

Our last AI workshop with **Todd Thorson** was *packed*, and we're thrilled to welcome him back for another beginner-friendly session at Downers Grove Township! If you've felt unsure, overwhelmed, or even a little nervous about all the AI talk in the news, this event is *perfect* for you. Todd specializes in helping seniors feel confident, empowered, and excited about technology – no experience required. This updated training includes **brand-new demonstrations** of what AI can do for your everyday life, no matter your comfort level. Todd (Amazon Best-Selling Author, Technical Evangelist, and CTO of TANJ Cybersecurity & Technology) will also stay afterward to answer questions and chat one-on-one. Come learn, laugh, and discover how AI can make life easier!

Tuesday, September 29, 2026
12:30 PM - 2:00 PM

FALL FESTIVAL WITH THE PEARL SENIOR LIVING

Join the Downers Grove Township Center and **The Pearl of Downers Grove Senior Living** for a festive afternoon celebrating the fall season! Enjoy fall crafting stations & games, raffle prizes, a delicious chili station, fresh popcorn, hot apple cider, and hot chocolate. Dress in your favorite fall attire and make lasting memories with friends in a fun and welcoming atmosphere.

Monday, September 28, 2026
1:00 PM - 3:00 PM

Off-site Program

Downers Grove Senior Living
3460 Saratoga Ave, Downers Grove, IL 60515



WII WEDNESDAY

Looking for a fun and friendly way to stay active and social? Join us for Nintendo Wii & Ping Pong at the Downers Grove 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, September 30, 2026
12:30 PM - 2:00 PM





Photo Credit:
Fox Farm Home

PRESSED FLOWER BOOKMARKS

Join us for a relaxing and creative afternoon to make beautiful pressed-flower bookmarks! All materials will be provided, and staff will guide you through designing your own unique bookmark to take home. No experience is necessary—bring your creativity and enjoy good conversation with friends and neighbors. Whether you're a book lover, enjoy crafting, or want to spend time socializing, this class is a wonderful opportunity to connect with others while creating something beautiful.

Thursday, October 1, 2026
11:00 AM - 12:30 PM

Cost: \$5

STEP TO THE BEAT!

This dance-based cardio class improves balance and coordination with music-driven routines that make you want to keep moving. Blast calories and dance your way into a healthier YOU! No dance experience or special equipment required.

Sponsored by White Crane Wellness
Presented by MariJane Dare

Thursday, October 1, 2026
1:00 PM - 2:00 PM



MUSICAL JAM

Calling all musicians and music lovers! Do you play an instrument and want to jam with fellow seniors? 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. Enjoy an afternoon of live music and camaraderie. ***Please note that there is a separate registration for audience members if you don't plan to play an instrument. Register as an audience member.**

Friday, October 2, 2026
1:30 PM - 3:30 PM

Dear Residents, welcome to September and the start of a beautiful fall season. This month, we honor the contributions of American workers, remember those we lost on September 11, and celebrate Constitution Day and the freedoms we share. Wishing everyone a safe, healthy, and enjoyable September!



Kim Savage
Downers Grove Township Supervisor

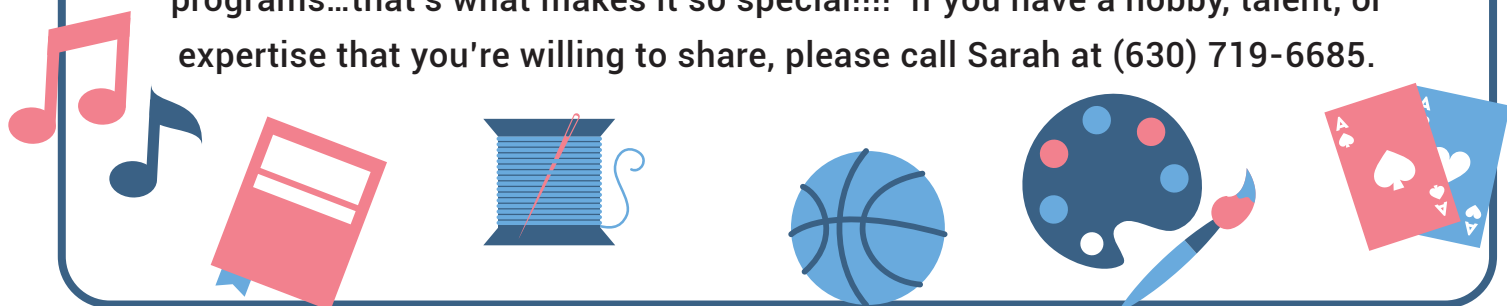


Register at myactivecenter.com/activities/4276:1 or call 630-719-6670



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.



Let's show some love to our community members in need. This month, please consider bringing a product to benefit local families served by FISH Food Pantry. Thanks in advance for your generosity!

WE WOULD ESPECIALLY APPRECIATE DONATIONS OF:

Fresh Apples, Oranges, Potatoes, Onions,
Canned Fruit, Applesauce, Ketchup, Mustard,
Mayo, Salad Dressing, Cooking Oil,
and Peanut Butter

FOOD DISTRIBUTION

Tuesday 4-6 PM & Friday 8:30-11:30 AM

ACCEPTING DONATIONS

Tuesday 8:30-10:30 AM & 5:30-6:00 PM

Thursday 8:30 - 10:30 AM & Friday 10:30-11:30 AM

Or call for a donation time that works best in your schedule at 630-964-7776

downersgrovefish.org

4341 Saratoga Avenue, Downers Grove, IL 60515



FOLLOW US ON SOCIAL MEDIA

Downers Grove Township

Get connected to receive event information, photos, and learn more about your Township and elected officials!



on Youtube

@dgtownship



on Facebook

@dgtownship



on Instagram

@dgtownship



on Nextdoor

@Downers Grove Township



on Tiktok

@downersgrovetownship



on X / Twitter

@downersgrovetownship

630-719-6610 • 4340 Prince St, Downers Grove Il 60515 • dgtownship.com



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.



**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 · 708-354-9328



2026 ADVISORY COMMITTEE MEETINGS

SENIOR ADVISORY COMMITTEE

**1st Monday of each
month at 1:30 PM**

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

January 5, 2026

February 2, 2026

March 2, 2026

April 6, 2026

May 4, 2026

June 1, 2026

July 6, 2026

August 3, 2026

No Meeting in September

October 5, 2026

November 2, 2026

December 7, 2026

YOUTH SERVICES ADVISORY COMMITTEE

**4th Tuesday of each
month at 7:00 PM**

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

January 27, 2026

February 24, 2026

March 24, 2026

April 28, 2026

May 26, 2026

June 23, 2026

July 28, 2026

August 25, 2026

September 29, 2026

October 27, 2026

November 24, 2026

December 29, 2026

MENTAL HEALTH ADVISORY COMMITTEE

**2nd Monday of each
month at 4:00 PM**

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

January 12, 2026

February 9, 2026

March 9, 2026

April 13, 2026

May 11, 2026

June 8, 2026

July 13, 2026

August 10, 2026

September 14, 2026

October 12, 2026

November 9, 2026

December 14, 2026

2026 DOWNERS GROVE TOWNSHIP BOARD MEETING SCHEDULE

3rd Monday of every month at 7:00 PM

Downers Grove Township Center

4340 Prince Street

Downers Grove, IL 60515

January 12, 2026
(2nd Monday)

February 17, 2026

March 16, 2026

April 20, 2026

May 18, 2026

June 15, 2026

July 20, 2026

August 17, 2026

September 21, 2026

October 19, 2026

November 16, 2026

December 14, 2026

50th Anniversary Celebration



October 22nd, 2026
6pm

Abbington Distinctive Banquets

www.dupageseniorcouncil.org



Downers Grove Township

Medical Lending Closet

The Township offers medical equipment for a 90-day loan at no cost to you.

No residency or age requirements.

Make an appointment if you are in need of...

- Wheelchairs
- Crutches
- Walkers
- Shower chairs
- Canes
- Rollators
- Knee scooters

4340 Prince St.
Downers Grove, IL 60515

630-719-6670

Open Tue, Wed, Thu
9:00 am- 4:00 pm

Appointments required



Donations of durable medical equipment are accepted, clean and lightly used only.





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 - 2:30 PM

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

10:30 - 11:30 AM

Hinsdale Library
20 E. Maple St.

RSVP to 630-986-1976

SECOND TUESDAY OF THE MONTH

2:00-3:30 PM.

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 THURSDAY OF THE MONTH

1:00 - 2:00 PM

First Congressional Church of Christ
1047 Curtiss Street, Downers Grove, IL 60515

RSVP Kerry Quirin

630-800-7865

kerry@seniorlivingexperts.com

THIRD MONDAY OF THE MONTH

1:00-2:00 PM

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>



DOWNERS GROVE TOWNSHIP ELECTED OFFICIALS

Supervisor
Kim Savage

Assessor
Gregory A. Boltz

Highway Commissioner
Tom Chlystek

Clerk
Mandy Roudebush

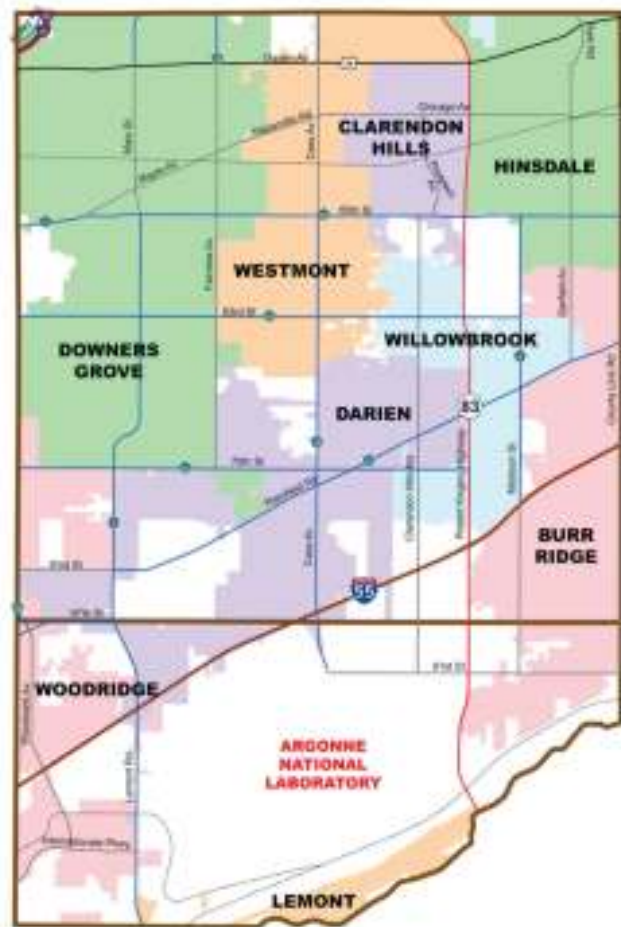
BOARD OF TRUSTEES

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

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Email: humanservices@dgtownship.com

Visit our website:
www.dgtownship.com/senior-services/

