

OCTOBER 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 October programs opens on
Tuesday, September 29 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 October 2026

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



Monday	Tuesday	Wednesday	Thursday	Friday
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 Sunshine 1 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 No Senior Events	6 9:30 Open Games 9:30 Hobby Enthusiast Gathering 11:00 Community Dining 12:30 Decluttering Seminar-Repeat 2:30 Games	7 9:30 Chair Yoga* 11:00 Community Dining 12:30 Starting at Square One 3:00 Chair Yoga*	8 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: DNA 2:30 Ethnicity Tests Games	9 1:00 Incredible Bats @ Lincoln Center* Saturday, October 10 11:00 Trunk or Treat @ Anne M. Jeans
12 Closed in Observance of Columbus Day	13 9:30 Open Games 9:30 Hobby Enthusiast Gathering 11:00 Community Dining, Live Music with Terry 12:30 Managing Back Pain Seminar 2:30 Games	14 9:30 Chair Yoga* 11:00 Community Dining 11:15 2027 Medicare Updates Seminar 12:30 Bingo 2:15 2027 Medicare Updates Seminar	15 9:30 Spreading Sunshine 2 10:00 Open Games at Darien P.D. 11:00 Battling the Aging Brain 12:00 Lombard Hist. Society Group Tour 1:00 Step to the Beat! 1:30 Medicare Super Session 2:30 Games	16 9:30 Veterans Coffee, Conversation, & Resource Rally 11:30 Bunco 2:00 Fall 🍂 Craft* Saturday, October 17 1:00 Trunk or Treat @ Woodward Center
19 10:00 AARP Smart Driver 10:00 Pumpkin Painting #1 11:00 Lemont St. Cafe Brunch Meet-Up 1:00 Pumpkin Painting #2	20 9:30 Open Games 9:30 Hobby Enthusiast Gathering 11:00 Community Dining 12:30 Sing-a-long 2:30 Games	21 9:30 Chair Yoga* 11:00 Community Dining 10:00 AARP Smart Driver 12:30 Scam Security 1:30 Book Club @ DG Library 3:00 Chair Yoga*	22 10:00 Open Games at Darien P.D. 10:00 Caregiver Support Group 11:00 Trivia w/ Terry & Kai 11:30 Relaxation 1:00 Step to the Beat! 1:30 Medicare Super Session 2:30 Games	23 No Senior Events Saturday, October 24 11:00 Trunk or Treat @ Westmont
26 No Senior Events	27 12:00 Humana Office Hours with Tino	28 9:30 Chair Yoga* 11:00 Alan & Jimmy at Community Dining 12:30 Wii Wednesday 3:00 Chair Yoga*	29 10:00 Open Games at Darien P.D. 11:00 Haunted Chicago 1:00 Step to the Beat! 2:30 Games	30 1:00 Halloween Social

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

Registration for October programs opens Tuesday, September 29 at 9:00am

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



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

Community Dining

DuPage Senior Citizens Council will serve
hot, 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

DOWNERS GROVE TOWNSHIP SENIOR CENTER



DuPage Senior Citizens Council
Providing Meals and More...

COMMUNITY DINING MENU 630-642-8517

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>ALL MEALS REQUIRE:</u> BREAD AND A BEVERAGE (*) INDICATES A DIABETIC SUBSTITUTION				
	Chicken & Kale Soup Baked Sweet Potato Italian Green Beans Cranberry Roll Chilled Peaches 5	Salisbury Steak & Gravy Mashed Potatoes Corn Whole Wheat Roll Pineapple Tidbits 6		
	Spaghetti & Meatballs Marinara Sauce Mixed Salad Greens Multi Grain Bread Warm Peach Cobbler 12	Hamburger German Potato Salad Green Beans Wheat Hamburger Bun Apple Sauce 13		
	BBQ Riblet Oven Fries Broccoli Wheat Sandwich Bun Whole Apple 19	Chicken Tortilla Soup Spanish Brown Rice Black Beans & Corn Tortilla Strips Chef's Choice Fruit Oatmeal Cookie (*) 20		
	Chicken Chardonnay Mashed Potatoes Broccoli Tri Bean Salad Multi Grain Bread Fresh Orange 26	Texas Chili Macaroni & Cheese Country Blend Veggies Corn Bread Fruit Cup 27		

MENU ITEMS SUBJECT TO CHANGE WITHOUT NOTICE
~ PLEASE CALL 630-642-8517 ONE WEEK PRIOR TO MAKE RESERVATION ~

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

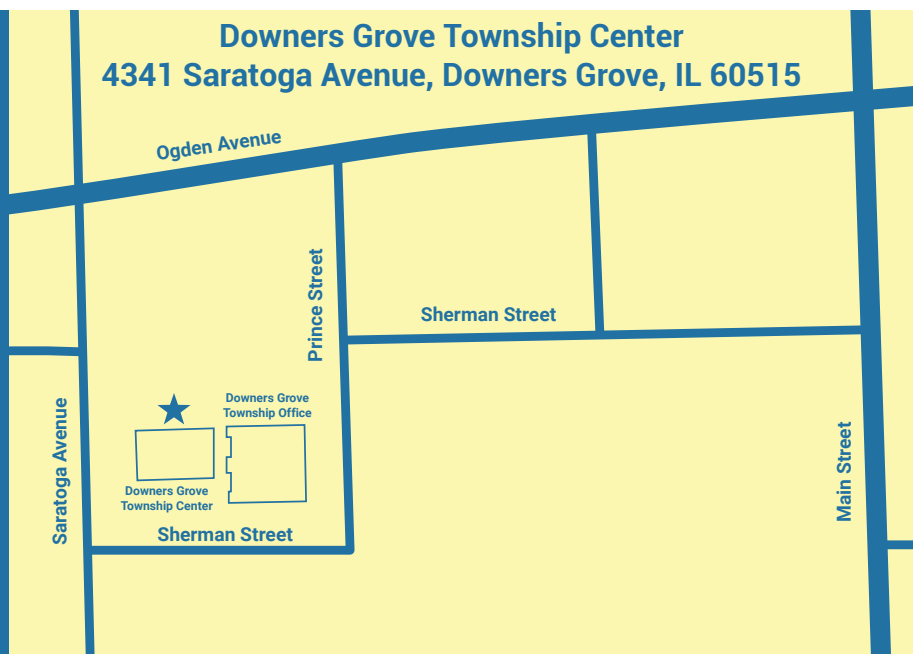
Township Center doors will be opened 30 minutes before the start time of an event.

**REGISTRATION FOR OCTOBER
PROGRAMS OPENS ON TUESDAY,
SEPTEMBER 29 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!





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

Session 1: Thursday, October 1, 2026
Session 2: Thursday, October 15, 2026
9:30 AM - 10:30 AM



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

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, October 1, 8, 15, 22, 29, 2026
10:00 AM - 12:00 PM
Off-Site Program



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. ***These are INDIVIDUAL SESSIONS! Please register for each one separately if you want to attend more than one.**

Sponsored by White Crane Wellness
Instructor: MariJane Dare

Thursdays, October 1, 15, 22, 29, 2026
1:00 PM - 2:00 PM



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

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



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, October 6, 13, 20, 2026
Thursdays, October 1, 8, 15, 22, 29, 2026
2:30 PM - 3:30 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. Come 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



HOBBY ENTHUSIAST

Calling all Mahjong players! Join us for a relaxed morning of tiles, conversation, and good company. Whether you enjoy Chinese or American Mahjong, you can choose your style when you arrive, depending on the group. Enjoy some friendly competition and a fun morning with fellow Mahjong players!

Tuesdays, October 6, 13, 20, 2026
9:30 AM - 10:30 AM



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. Door will be open at 9:00 am.

Tuesdays, October 6, 13, 20, 2026
9:30 AM - 10:30 AM

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



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.

Sponsored by AARP

**Tuesday, October 6, 2026
12:30 PM - 1:30 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!

MKH Yoga presents this class.

**Wednesdays, October 7, 14, 21, 28, 2026
9:30 AM - 10:30 AM**

Cost: \$5



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!

MKH Yoga presents this class.

**Wednesdays, October 7, 21, 28, 2026
3:00 PM - 4:00 PM**

Cost: \$5



STARTING AT SQUARE ONE

If you have a loved one, friend, or neighbor who is showing signs of memory loss, confusion, mild cognitive impairment, or early signs of dementia, you probably have questions.

From understanding why these new behaviors or situations are occurring to knowing where to start and who to turn to, **LaVon Lenaway from Dragonfly Senior Navigation Services** is here to help.

Join us for this special presentation where we'll talk about initial warning signs and examples, what dementia is and how to rule it out, as well as next steps to take.

**Wednesday, October 7, 2026
12:30 PM - 1:30 PM**

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



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, October 8, 2026
9:00 AM - 10:30 AM



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, October 8, 22, 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.

Thursdays, October 8, 22, 2026
11:30 AM - 12:00 PM
Township Board Room
4340 Prince St., Downers Grove, IL

SSS: UNDERSTANDING DNA ETHNICITY TESTS: PROMISE, LIMITATIONS, AND PRIVACY

DNA ethnicity tests have become increasingly popular, offering people a glimpse into their ancestral origins through a simple saliva sample. This presentation will explain how ethnicity estimates are created, why results can differ between companies, and what these tests can—and cannot—tell us about our family background. We'll explore the science behind the percentages, common surprises people encounter in their results, and how DNA testing has changed the way many people think about heritage and identity. The program will also include a practical discussion about privacy, data sharing, and important considerations before submitting a DNA sample. **Pam** has been studying her own family history for twenty years. She's a member of the Illinois State Genealogical Society and the **DuPage County Genealogical Society**.



Thursday, October 8, 2026
12:00 PM - 2:00 PM

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



INCREDIBLE BATS & PARK DISTRICT

Sharon from **Incredible Bats** is bringing her knowledge, expertise, and amazing animal friends back for another unforgettable visit. Get up close with a fennec fox, bats, bearded dragon, tarantula, rabbit, and this year's special guest—the Sloth! **Generously sponsored this year by Lacey Creek!!** You'll learn fascinating facts about each animal, and yes, some of them can even be gently petted. This year we're moving to the Lincoln Center, so our animal guests can have the stage they deserve, and everyone can enjoy an even better up-close experience!

Friday, October 9, 2026 1:00 PM - 2:00 PM

Cost: \$5

Off-Site Program

Lincoln Center

935 Maple Ave. Downers Grove, IL 60515



LIVE MUSIC WITH TERRY

Rocktober is rolling into Community Dining! 🎸 Grab some lunch and get ready for some live music from a familiar face at the Senior Center. Haven't caught him performing here yet? This is your chance to rock your lunch hour with great tunes, see what Community Dining is like, and have plenty of fun!

Tuesday, October 13, 2026

11:00 AM - 12:00 PM

TRUNK OR TREAT @ ANNE M. JEANS ELEMENTARY SCHOOL

We need YOU to bring the fun by decorating your trunk and passing out candy to our trick-or-treaters. Get Creative, Get Spooky, and let's make this an unforgettable Event!

**Sponsored by Downers Grove Township
Youth Services Advisory Committee**

Saturday, October 10, 2026

11:00 AM - 1:00 PM

Off-Site Program

**Anne M. Jeans Elementary School Playground
16W631 91st St, Willowbrook, IL 60527**



MANAGING BACK PAIN SEMINAR

Living with back pain is no fun! Come join us for an educational seminar where we will glean a physical therapist's tips and tricks for not just surviving but thriving when you are experiencing back pain.

Presented by ARC Physical Therapy

Tuesday, October 13, 2026

12:30 PM - 1:30 PM



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



2027 MEDICARE UPDATES SEMINAR

Medicare can be confusing, and changes are implemented at the federal level every year! **Alyssa Vejendla** 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.

Wednesday, October 14, 2026
11:15 AM - 12:15 PM
2:15 PM - 3:15 PM

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

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, October 14, 2026
12:30 PM - 2:00 PM



BATTLING THE AGING BRAIN

You're invited to an interesting presentation from the **Humana** team. **Tino Binetti** will present on "Battling the Aging Brain." We will learn:

- * **What are the parts of the brain?**
- * **The aging brain: What's normal & what's not**
- * **How to help keep your brain healthy**

Join us for a fun and "smart" presentation and discussion!

Thursday, October 15, 2026
11:00 AM - 12:30 PM

LOMBARD HISTORICAL SOCIETY - GROUP TOUR

Join us for a private tour of Lombard's historic Victorian Cottage! Step inside this beautifully furnished home and discover what life was like for Lombard families at the turn of the century. A knowledgeable docent will share stories about the home, its architecture, and the people who lived in Lombard during this fascinating period of history. Tour length may vary depending on the pace of the group and time spent on questions and discussion. ***Please note that the cottage has several small staircases (4-5 steps) and no seating inside; however, the Carriage House museum galleries are fully accessible and offer seating areas for anyone who may need to take a break.**



Thursday, October 15, 2026
12:00 PM - 1:00 PM

Off-Site Program
23 W Maple Street, Lombard, IL 60148

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

MEDICARE SUPER SESSION: ONE ON ONE TIME WITH ALYSSA



Got insurance questions?
Come see **Alyssa Vejendla**,
our famous "Bingo/Medicare lady" from **Clemens Enterprises**, who will be available between the hours
of 1:30 p.m. and 3:30 p.m. in the Downers Grove
Township Board Room to answer Medicare questions
and help you compare your current plan with new
plans to ensure the one you choose for 2027 will give
you the best benefits to suit your individual needs.
***Please bring a current list of your doctors and
medications with you.**

Thursdays, October 15, 22, 2026
1:30 PM - 3:30 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, October 16, 2026
9:30 AM - 2:30 PM
Township Board Room
4340 Prince St., Downers Grove, IL



FALL PUMPKIN CRAFT

Join us for a fun-filled autumn afternoon of
pumpkin-shaped crafting! Township will provide all
the materials—just bring your creativity (and maybe
a cozy cardigan). Our very own crafty senior will lead
the way, guiding you step-by-step through making
fall-inspired decorations you'll be proud to take
home. Expect laughter, friendship, and a little pinch
of seasonal magic!

Friday, October 16, 2026
2:00 PM - 3:30 PM
Cost: \$5



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 are sponsored by
Allison Green of Assisted Living Locators &
Rachelle Ventura from In Home Personal Services

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



TRUNK OR TREAT W/DGT YOUTH ADVISORY COMMITTEE

We need YOU to bring the fun by decorating your trunk and passing out candy to our trick-or-treaters. Get Creative, Get Spooky, and let's make this an unforgettable event!

Saturday, October 17, 2026

1:00 PM - 3:00 PM

Off-Site Program

Woodward Center

1999 75th Street, Woodridge, IL 60517



BRUNCH MEET-UP @ LEMONT ST. CAFE

Start your morning with good food and even better company! The township invites you to come and join us for Brunch! This is a wonderful opportunity to enjoy a local restaurant and try some of their weekly specials!

***Separate checks (Lemont St. Cafe automatically adds 18% gratuity to your check); registration is required, and the Township will be making all the arrangements. This is an individual meet-up; the Township does not provide transportation.**

Monday, October 19, 2026

11:00 AM - 12:00 PM

Off-Site Program

Lemont Street Cafe

7329 Lemont Rd., Downers Grove, IL 60516

AARP SMART DRIVER

This 2-day course teaches proven driving techniques to help keep you and your loved ones safe on the road. Additionally, you could be eligible for a multi-year discount on your auto insurance.

***Bring cash or check to the first day of class. Please bring your own lunch. Light refreshments will be provided. Must call (630) 719-6670 to register.**

Monday & Wednesday, October 19 & 21, 2026

Monday & Wednesday, November 16 & 18, 2026

10:00 AM - 2:00 PM

\$20 AARP Members

\$25 NON-AARP Members

Township Board Room

4340 Prince St., Downers Grove, IL



PUMPKIN PAINTING #1

It's time to squash some boredom and paint your way into the Halloween spirit! Join us for a gourd-geous pumpkin painting party — no carving, just creativity. Two class times available — **please sign up for only one.** Spots are limited, so don't

ghost on this opportunity! 🎃 Pumpkins can be left @ the Senior Center & entered into the contest, where Voting will take place during our Halloween Social on Oct. 30th. The winner will be announced during the Halloween Social.

Sponsored by Angel Home Care

Monday, October 19, 2026

10:00 AM - 12:00 PM



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

PUMPKIN PAINTING #2



It's time to squash some boredom and paint your way into the Halloween spirit! Join us for a gourd-geous pumpkin painting party — no carving, just creativity. Two class times available — ***please sign up for only one.*** Spots are limited, so don't ghost on this opportunity! 🧛‍♀️

Pumpkins can be left @ the Senior Center & entered into the contest, where Voting will take place during our Halloween Social on Oct. 30th. The winner will be announced during the Halloween Social.

Sponsored by Sunrise Senior Living

**Monday, October 19, 2026
1:00 PM - 3:00 PM**



CYBERSECURITY WITH SHERIFF'S DEPARTMENT

Join us for an informative and easy-to-understand presentation brought to you by the **DuPage County Sheriff's Office**. Learn helpful tips on staying safe online, protecting your personal information, and avoiding common scams. Our presenter is an experienced IT Auditor and member of a Cybersecurity and Cyber Incident Response team—who also happens to be a fellow senior. Come gain practical knowledge, ask questions, and feel more confident navigating today's digital world!



**Wednesday, October 21, 2026
12:30 PM - 2:00 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, October 20, 2026
12:30 PM - 1:30 PM**



BOOK CLUB

When Anne Morrow meets Charles Lindbergh, he sees a kindred spirit, and they soon marry. In the years that follow, Anne becomes the first licensed female glider pilot in the United States and achieves other major milestones. Unfortunately, she is viewed merely as *The Aviator's Wife* (by Melanie Benjamin). The fairy-tale life she once longed for will bring heartbreak and hardships, ultimately pushing her to reconcile her need for love and her desire for independence, and embrace, at last, life's infinite possibilities for change and happiness. *** **Book Club at the DGT Library*****

**Wednesday, October 21, 2026
1:30 PM - 2:30 PM**

Off-Site Program

Downers Grove Library

1050 Curtiss St., Downers Grove, IL 60515





TRIVIA TIME WITH TERRY & KAI

Join us for an engaging afternoon of trivia hosted by **Terry and Kai**. This event provides a chance to test your knowledge on various topics while enjoying delicious snacks. It's an excellent opportunity to connect with friends, both old and new, and have some fun. Participants can challenge themselves and compete for bragging rights as part of a team. Don't miss this opportunity to socialize and showcase your team's knowledge of Halloween, spooky history, strange facts, and everything in between! 🎃

Thursday, October 22, 2026
11:00 AM - 12:30 PM

TRUNK OR TREAT W/DGT YOUTH ADVISORY COMMITTEE

We need YOU to bring the fun by decorating your trunk and passing out candy to our trick-or-treaters. Get Creative, Get Spooky, and let's make this an unforgettable Event!

Saturday, October 24, 2026
11:00 AM - 1:00 PM
Off-Site Program
Westmont, IL
Call for more information



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 60s music in high school and college. They took a long (38-year) break to focus on family and careers, but now they are back, entertaining seniors during Community Dining! Enjoy Halloween-themed music with a spooky twist!

Wednesday, October 28, 2026
11:00 AM - 12:00 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, October 27, 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



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, October 28, 2026
12:30 PM - 2:00 PM**

HAUNTED CHICAGO

The city of Chicago is considered one of the most haunted cities in the world! In this presentation **John Boda** tells the ghost stories of some select local tales. Even if people are skeptics, the stories still remain great mysteries! There's just one question—do you believe it or not? ❖❖❖

**Thursday, October 29, 2026
11:00 AM - 12:30 PM**



HALLOWEEN SOCIAL

Celebrate the spooky season with us! Enjoy a howlingly delicious lunch, spooky treats, a lively costume contest, raffle giveaways, and interactive games with just enough mayhem! Come in costume or just come for the laughs — it's all about the tricks, treats, and togetherness! Our Pumpkin Contest & voting will be taking place during the event.

**Sponsored by HUMANA
Presented by Tino & Randy**

**Friday, October 30, 2026
1:00 PM - 3:00 PM**

As October begins, I want to take a moment to thank all of our wonderful people who make the Downers Grove Township Center a special place.

Our Senior Program it's a place to connect, learn, stay active, share friendships, and enjoy the community around us. I encourage you to look through this month's program guide and join us for the many activities and events we have planned.

Thank you for being such an important part of the Downers Grove Township Center family. I look forward to seeing you!

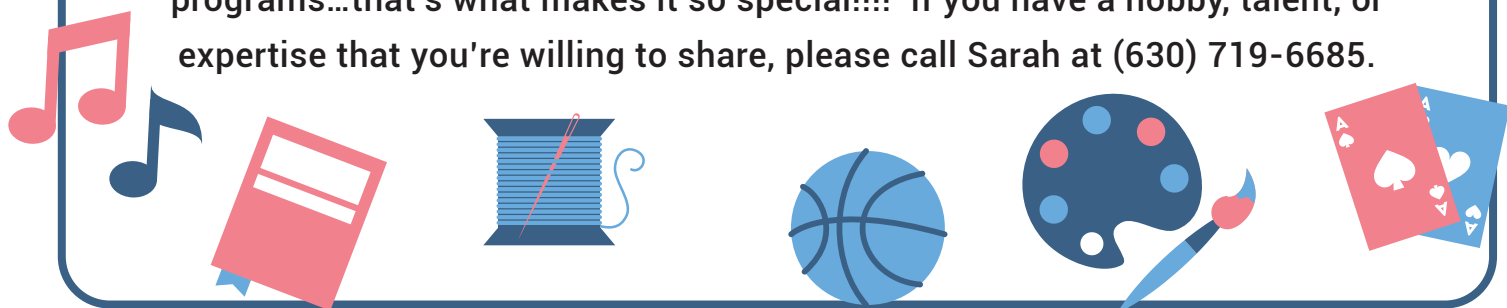
**Kim Savage
Downers Grove Township Supervisor**





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





Downers Grove Township



TRUNK OR TREAT



Join the Downers Grove Township for some spooky community events! Our seniors are putting on 3 different trunk-or-treat events for school-age kids in our area!.

First Event:

OCTOBER 10TH
ANNE M JEANS SCHOOL

16W631 91st St.
Willowbrook, IL 60527

11 AM - 1 PM

For More Information:

Kai James

Downers Grove Township Senior Events Coordinator

kainani.james@dgtownship.com



Saturday, Oct. 10th



Saturday, Oct. 17th



Saturday, Oct. 24th





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



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!



LEARN MORE

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

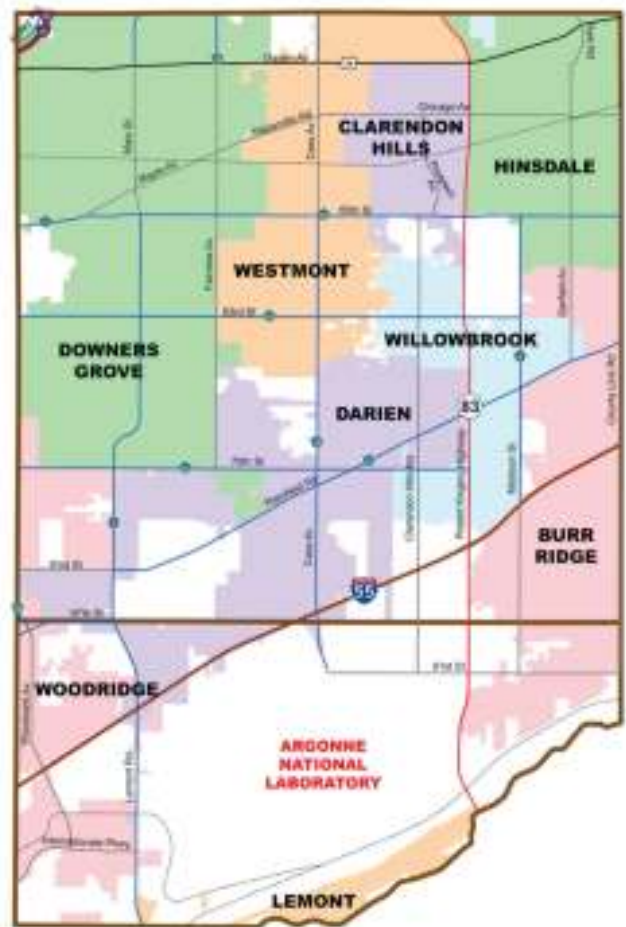
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www.facebook.com/dgtownship

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