



# January 2010



## Maine Township MaineStreamers

1700 Ballard Road, Park Ridge, IL 60068 1-847-297-2510

### Mission Statement

To enhance the quality of life for residents 55 years of age and older by providing a broad array of educational programs and recreational activities that encourage, socialization, learning and promote independence, self esteem and dignity.

### Greetings!

So it's the New Year...again. Did you make a New Year's resolution to do something healthy and positive for yourself? Well we can help you keep it as the MaineStreamers have partnered with Golf Mill Shopping Center to offer a brand new "Walking" program. Now instead of just walking with our Monday group you can also select from any day of the week. More information on the Feats of Fitness program is described below...so come join us and challenge yourself! Happy New Year!

Mary Swanson, Director

### Welcome Carolyn McMurray, Senior Associate

Carolyn was born in Chicago, grew up in Park Ridge and was part of the 1st graduating class at Maine South. Carolyn attended Mundelein College, and Loyola University in Chicago. She currently lives in Des Plaines and, after a long career in Human Resources, is happy to be with the MaineStreamers!

### New Program - Start your New Year's Resolution now....

"Feats of Fitness" walking program sponsored by Bethany Terrace, Golf Mill Shopping Center, **Maine Township Mainstreamers** and Partners in Health-care at Golf Mill, Mondays-Saturdays, 8 a.m. to 10 a.m. Seminars and blood pressure screenings will take place every second Wednesday of the month from 9 a.m.-10 a.m. in Center Court. The program kicks off on Wednesday, January 13th at 8 a.m. This month's program will be "Chair Yoga." Join us for giveaways and refreshments in Center Court at 9a.m. No Registration Required.

**Please note we already have a walking group that meets every Monday at 9 a.m...so, come join us!**



### WINTERFEST LUNCHEON

Wednesday, January 13

Chateau Ritz, 9100 Milwaukee, Niles

Doors Open: 11:00 a.m.

Lunch Served: 12:00 p.m.

Cost: \$15.00 members/\$16.00 guests

+ \$2.50 Fish

Don't stay cooped up when you can join us for lunch. Lunch will start with French Onion Soup followed by Chicken Marsala or White Fish (Fish Choice), Green Bean Almandine, Parsley Red Potatoes and Peppermint Stick Ice Cream for Dessert. Get ready to shake your hips and sing along with Michael St. Angel, an Elvis impersonator. Bingo will follow! Blood Pressure Screenings sponsored by Resurrection Healthcare.

**Please bring a donation for our Food Pantry to this luncheon. We will be having a special raffle so you will receive a raffle ticket for each item donated.**

**Reservations and cancellations due by Tuesday, January 5th. (No Exceptions)**

**Next Luncheon will be on Tuesday, February 9th at Chateau Ritz.**

### \*\*\*\*IMPORTANT NOTICE\*\*\*\*

Every two years we "clean up" our membership list to save on postage and printing expenses. **So please read this message.** If you have not participated in a year or more in any of the MaineStreamer activities and would still like to be on the mailing list to receive our newsletter please fill out the area on the Registration Form. Failure to do so will result in your name being removed from our mailing list. Thank you.

### HOLIDAY CLOSINGS

New Year's Day - Friday, January 1st

Martin Luther King Day - Mon., Jan. 18th

### Day Trip Information

Rate 1-“Easy” means usually one stop, some walking and minimal stairs.

Rate 2-“Somewhat Difficult” means that there are at least two stops and sometimes stairs.

Rate 3-“Difficult” means that there are at least two stops and sometimes stairs and moderate to heavy walking.

### Cancellation Policy

When canceling please keep in mind that we need to be able to resell your ticket first. If we are able to resell, a \$3.00 cancellation fee will be charged per ticket. If the ticket is not resold, there will be no refund.

### Guest Policy

If the trip indicates that guests are allowed the policy is one per paid member.

### Special Requests

Please limit your request to sit with one person only and indicate this on your registration form. Also, if you need any special assistance, such as wheelchair access, special menu etc...indicate this on the Registration Form.

Please enclose a self-addressed stamped envelope for each day trip!

**DEPARTURE POINT - GOLF MILL MALL SOUTH PARKING LOT.**

### **CELEBRATION! DISNEY ON ICE**

**Allstate Arena and Yanni's Restaurant**

**Friday, February 5 - 9:30 a.m. to 3:30 p.m. - Trip Rate 2**

**\$57.00 members/\$62.00 guests**



Enjoy a Winter Wonderland with Mickey Mouse and Minnie Mouse, a Halloween Haunt with Disney Villains, A Very Merry Unbirthday Party, a Royal Ball with the Disney Princesses and more in a magical medley of holidays, celebrations and festivals from around the globe. We will enjoy this spectacular ice show in Mezzanine seats. After the performance we will enjoy lunch at Yannis. Our meal starts with Egg Lemon Soup, Yanni's Salad and your choice on the day of Chicken Lemonati, Beef Kabob, or Arni Psito (Roasted Leg of Lamb) served with either Rice Pilaf or Oven-Roasted Potatoes, Sautéed Vegetables and home-made Greek Pastries. So, enjoy the splendor of Disney and the wonderful foods of Greece combined in one wonderful outing!



### **KENNY ROGERS**

**Walter Payton's Roundhouse and The Paramount Theatre, Aurora, IL**

**Sunday, February 14 - 12:00 noon to 7:30 p.m. - Trip Rate 2**

**\$97.00 members/\$102.00 guests**

Make this Valentine's Day special by enjoying Kenny Rogers. With 21 #1 hits, Kenny's phenomenal success has earned him many Grammys, Peoples Choice, and American Music Awards as well as the admiration of adoring fans. Enjoy some of his many hits including "Lady", We've Got Tonite, "Lucille" and of course "You are so Beautiful". We will enjoy a fabulous luncheon buffet at **The Walter Payton Roundhouse**. The menu includes two Salads, Macadamia Crusted Chicken with Ginger Soy Cream, Honey Mustard Glazed Salmon with Melted Leeks, Garlic Herb Mashed Potatoes, Sautéed Spring Vegetables, Country Rolls, Fresh Baked Brownies & Assorted Cookies, Fruits, Berries and Melon with Berry Yogurt Dipping Sauce. Always a hit!!

### **THOSE FABULOUS 50'S AND 60'S**

**Fireside Theatre, Ft. Atkinson, Wisconsin**

**Thursday, February 18 - 8:00 a.m. to 6:30 p.m. - Trip Rate 1**

**\$90.00 members/\$95.00 guests**



You will love the live band revues and this one features the 50's and 60's...This unforgettable bonanza of music, dancing, and laughter-jam-packed with the 50's sounds of such greats as Elvis Presley, Jerry Lee Lewis, Buddy Holly, Bobby Darin and more...Then stay tuned for the 60's sounds of the Beatles, The Beach Boys, Patsy Cline, Simon and Garfunkel, The Rolling Stones and much, much, much more. This is a once in a lifetime musical extravaganza you can't afford to miss! The featured menu prior to lunch is Southwest Santa Fe Bean Soup, Fresh Baked Breads, Chicken Waterford - a skinless Breast of Chicken, dipped in Egg Batter, lightly Breaded and sautéed, topped with Corned Beef, Leeks and Jarlsburg Swiss Cheese, presented on Mustard Honey Cream Sauce. Served with Yukon Gold Potatoes, Green String Beans and a Plum Tomato with Fresh Basil. Dessert is a Strawberry Lemon Torte.



### UPCOMING DAY TRIPS

#### **Church Tour**

**Chicagoland Area - Trip Rate 2**

**Tues., March 2 - 9:00 a.m. to 5:00 p.m.**

**\$69.00 members/\$74.00 guests**

**Ballet Folklorico Mexican Grill/Auditorium**

**Theatre - Trip Rate 2**

**Sunday, March 14 - 11:15 a.m to 6:30 p.m.**

**\$92.00 members/\$97.00 guests**

**Contemporary Chicago Trip  
Merchandise Mart and**



**Contemporary Art Museum- Trip Rate 2**

**Thurs., March 18 - 9:30 a.m. to 4:30 p.m.**

**Price: \$73.00/\$78.00**

**Sunday Brunch and More....**

**Pheasant Run Resort/Theatre - Trip Rate 1**

**Sun., March 21 - 11:00 a.m. to 5:00 p.m.**

**\$75.00 members/\$80.00 guests**

### EXTENDED TRIPS 2010

**Sunny Southern California**

**Featuring Los Angeles & San Diego**

**February 21-28, 2010 - 8 Days**

**American Classic Tours**

**Mystery Tour**

**March 21-27, 7 Days**

**American Classic Tours**

**New Orleans**

**April 12-16, 5 Days**

**Uniworld Paris & Normandy River Cruise**

**May 1-9, 9 Days**

**Viking Travel Service**

**America's Majestic National Parks**

**August 23-30, 8 Days**

**American Classic Tours**



*For a flyer please call the*

*MaineStreamers at 1-847-297-2510.*



### **TRAVEL FIESTA PARTY**

**Friday, January 29**

**Choose time:**

**10:00 a.m. to 11:30 a.m. or 1:00 p.m. to 2:30 p.m.**



Joe Conroy of American Classic Tours will preview some of the 2010 Trips we have planned. Come, get a sneak preview of each trip and be informed before you make your decision. Refreshments and a door prize raffle will be held Registration required.

### **CLASSES**

#### **CHAIR AEROBICS CLASS I**

**Mondays Jan. 4 to March 15**

**(No Class on Jan. 18, Feb. 15 & 22)**

**10:30 a.m. to 11:30 a.m.**

**Cost: \$16.00 for 8 classes**

**Instructor: JoAnn Kitching**

You will sit while exercising or if standing may use the chair for support. This class will increase your strength, balance, flexibility and coordination.

#### **CHAIR AEROBICS CLASS II**

**Wednesdays, Jan. 6 to March 3**

**(No Class on January 20)**

**2:00 p.m. to 3:00 p.m.**

**Cost: \$16.00 for 8 classes**

See write up above.

#### **YOGA CLASSES**

**Mondays, January 4 to March 15**

**(No class on January 18, February 1 & 15)**

**7:00 p.m. to 8:30 p.m.**

**Instructor: Diane McDonald**

**Cost: \$40.00 for 8 classes**

Hatha Yoga is an ancient art of stretching and limbering the body to increase health, vitality & self-awareness. Wear comfortable clothes and bring a mat!

#### **PIANO LESSONS**

**Weeks of January 4 to February 22**

**1/2 hour lessons for 8 weeks**

**Cost: \$80.00 Registration Required**

Learn how to play piano as Ludmyla Turkalo shows you the way. You will arrange your own time, once payment is received. Lessons are held at her home in Maine Township.

#### **RULES OF THE ROAD CLASS**

**Thursday, January 14**

**1:00 p.m. to 3:00 p.m.**

**No Charge - Registration Required**

Need to renew your drivers license? Plan on attending this Secretary of State refresher course that prepares you for the written exam. Next Class: April 8th.

#### **BASIC CARD MAKING CLASS**

**Tuesday, January 26**

**1:00 p.m. to 3:00 p.m.**

**Cost: \$10.00 - includes supplies**

Come on make three lovely cards that are easy to do! This is a FUNtastic class!

**Mark your calendar...the Fourth Annual**

**"Swing into Spring" Senior Expo**

**Friday, April 23rd - 10:00 a.m. to 2:00 p.m.**

**Golf Mill Shopping Center, Niles**

## RECREATIONAL PROGRAMS

### BINGO

Thursday, January 7

Town Hall, 1700 Ballard, P.R.

Friday, January 15

Oakton Arms, 1665 Oakton Pl., D.P.

Doors Open: 12:00 noon

Games: 1:00 p.m.

Cost: \$2.00 or 2 Coupons each Bingo\*

Come and enjoy playing Bingo! Prizes, delicious sweet rolls and coffee are included. \*Coupon books of 5 coupons for \$5.00 can be purchased at either Bingo.



### MOVIE OF THE MONTH

*My Life in Ruins* - PG13

Tuesday, January 19

Movie Begins: 1:00 p.m. to 3:00 p.m.

Cost: \$2.00 or 2 Coupons

Popcorn & Soda included

Nia Vardalos (*My Big Fat Greek Wedding*) stars as Georgia, a college professor of Classical Greek studies who loses her job at the University and takes a job as a tour guide.

### PINOCHLE TOURNAMENT

Wednesday, January 20

Lunch: 11:30 a.m. to 12:15 p.m.

Competition begins: 12:15 p.m.

Cost: \$6.00 members/\$7.00 guests

Enjoy fun and competition at this "Three Handed Pinochle" Tournament. Lunch is included. Newcomers welcome! Must be present by 12:00 noon!

### WOMEN'S TEA

"Wau-bun" Stories of the Early Days

Thursday, January 28

10:30 a.m. to 12:00 noon

Cost: \$3.00 or 3 coupons

Registration Required - Refreshments

Juliette Magill married the famous fur trader and U.S. Indian sub-agent John H. Kinzie in 1830. He invited her to share with him the great adventure of the Northwest Territory.



### GOLDEN RING COUPLES RECOGNIZED

If you will be married 50 years this year from January 1 - December 31, 2010, please submit your names and receive an official certificate signed by Supervisor Carol A. Teschky. To submit names contact Monika at 847-297-2510 #252.

## INFORMATIVE PROGRAMS

### THE SOUL OF SOUTH AFRICA;

HEART & HOPE

Friday, January 8

10:00 a.m. to 11:00 a.m.

Presenter: Bill Helmuth

Cost: \$2.00 - Registration required

Emerging from the scars of Apartheid South Africa is striving to a new balance of natural riches of gold, diamonds, and platinum...you will explore all of these miraculous changes. Bill will also talk about the legacies of Mahatma Gandhi and Nelson Mandela!

### BOOK REVIEW

"Shanghai Girls"

Presenter: Barbara Rinella

Friday, January 22

10:00 a.m. to 11:00 a.m.

Cost: \$6.00 members/\$7.00 guests

Come to Shanghai, China, in the year 1937, as Barbara Rinella brings to life Lisa See's wonderful new novel about two sisters, Pearl and May Chin. Life is good in this Old Chinese world of tradition, however, until the father announces he has lost all his wealth and must sell his daughters!



## HEALTH PROGRAMS

### BLOOD PRESSURE SCREENING

Wednesday, January 6

10:00 a.m. to 12:00 noon

Senior Advocate Office

8820 Dempster, Niles

FREE blood pressure screening is offered by Advocate Lutheran General Hospital.

## VOLUNTEER OPPORTUNITIES

### NEWSLETTER MAILING

Mark your calendar for Thursday, January 7th from 9:00 a.m. to 12:00 noon. Come and help us collate and fold the February Newsletter.

**Wanted: MaineStreamers 90 years of age and older... If you are one of these special people or if you know of someone, please contact us at 1-847-297-2510 so we can send the celebrant an invitation to a special event in May!**

**JANUARY REGISTRATION FORM**

**1. Complete form, sign name and detach entire registration form. Please do not staple or scotch tape checks!**

**2. If you are signing up another member we must also have their registration form.**

**3. Mail Only (No walk-ins or phone reservations) to:**

Maine Township MaineStreamers (M.T.M.S.)  
1700 Ballard Road  
Park Ridge, IL 60068

**4. Enclose a separate check and/or coupon for each event and make checks payable to M.T.M.S.**

**5. Indicate number attending each event by placing the number in the space before each event.**

\_\_\_\_\_ **Yes, please keep me on the mailing list.**

**Recreational Activities**

\_\_\_\_\_ Bingo at Town Hall - Thursday, January 7 - \$2.00 or 2 Coupons

\_\_\_\_\_ Bingo at Oakton Arms - Friday, January 15 - \$2.00 or 2 Coupons

\_\_\_\_\_ "Winterfest" Luncheon - Wed., January 13 - \$15.00 members/\$16.00 guests  
+ \$2.50 FISH

\_\_\_\_\_ Movie of the Month - Tuesday, January 19 - \$2.00 or 2 coupons

\_\_\_\_\_ Pinochle Tournament - Wednesday, January 20 - \$6.00 members/\$7.00 guests

\_\_\_\_\_ Women's Tea - Thursday, January 28 - \$3.00 or 3 coupons

**Classes**

\_\_\_\_\_ Chair Aerobics Class I - Mondays- \$16.00

\_\_\_\_\_ Chair Aerobics Class II - Wednesdays - \$16.00

\_\_\_\_\_ Yoga Class - \$40 for 8 Classes

\_\_\_\_\_ Piano Lessons - \$80.00 for 8 classes

\_\_\_\_\_ Rules of the Road Class- Thursday, January 14 - No Charge

\_\_\_\_\_ Basic Card Making Class - Tuesday, January 26 - \$10.00

**Informative Programs**

\_\_\_\_\_ South Africa Program - Friday, January 8 - \$2.00

\_\_\_\_\_ Book Review - "Shanghai Girls" - Friday, Jan. 22 - \$6.00 members/\$7.00 guests

**Extended Trip Programs**

\_\_\_\_\_ Travel Fiesta Party - Friday, January 29 - 10:00 a.m. to 11:30 a.m.- No Charge

\_\_\_\_\_ Travel Fiesta Party - Friday, January 29 - 1:00 p.m. to 2:30 p.m.- No Charge

**Day Trips**

**1. Please remember to send a self-addressed, stamped envelope for EACH trip!**

**2. On Day Trip(s) please seat me with (Limit 1):** \_\_\_\_\_

**3. Special Needs: Wheelchair Accessibility, Visual/Audio aids, etc..) Please Specify:**

\_\_\_\_\_ "Celebration! Disney on Ice" Trip - Fri., Feb. 5 - \$57.00 members/\$62.00 guests ☐

\_\_\_\_\_ "Kenny Rogers" Trip - Sun., Feb. 14 - \$97.00 members/\$102.00 guests ☐

\_\_\_\_\_ "Those Fabulous 50's & 60's - Thurs., Feb.18 - \$90.00 members/\$95.00 guests ☐

**Print Your**

**Name:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_