



# February 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 from Mary!

Well I have finally had the pleasure of becoming a grandma...my daughter Jessica and her husband, Ian, now have a beautiful little girl, Madeline Jean, born in November. She is lives in Denver, Colorado so I will be traveling often to enjoy this new experience!

I also want to mention that we are working with Niles Public Library to revitalize "Reading"! See the article below that describes our commitment!

Mary Swanson, Director

### **BOOK TALK: The Maltese Falcon**

**Wednesday, February 3**

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

**Niles Public Library**

Remember Sam Spade- the quintessential American tough guy with a soft spot? Hear more about the book that set the standard by which all subsequent detective novels have been judged. Copies of the book will be distributed at this meeting. After reading the book, a book review will take place on **April 29th at 10:00 a.m.** So, join in the celebration of reading by participating in The Big Read. Help revitalize the role of reading in American culture and put pleasure reading on your list of leisure activities.



The Big Read is an initiative of the National Endowment for the Arts in partnership with the Institute of Museum and Library Services and Arts Midwest

### Handyman Guide Update

Please remove the following from your 2008 Handyman Guide: Mr. Handyman, Tim Neufeldt, Side Job Bob, Handymen; Best Gutter Cleaner; Energy Heating & Cooling; Sal Scianna, Landscaping; and Patrick Hartley, Plumber. They are no longer part of this program.

### **VALENTINE LUNCHEON**

**Tuesday, February 9**

**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**

Our luncheon will start with Cream of Mushroom Soup, Chicken Copenhagen or Tilapia (Fish Choice), Double Baked Potato, Broccoli and Spumoni Ice Cream for Dessert! Our entertainer, Voytek Falndyxx, has performed all over the world. He is a versatile singer who plays a variety of instruments to a variety of music. Bingo will follow! Blood Pressure Screenings sponsored by Resurrection Healthcare.

**Reservations and cancellations due by Tuesday, February 2nd... (No Exceptions)**

**Next Luncheon will be on Wednesday, March 10th at Chateau Ritz.**

*Sponsored by*



**The Bethany Terrace**

*...a Health & Rehabilitation Center*

### **INCOME TAX APPOINTMENTS**

The AARP Tax Aide program will be offering Income Tax Assistance for those needing help on simple tax forms. To schedule an appointment call 847-297-2510 **after January 25th.** Homebound appointments available.

### **Town Hall Closings**

**Tuesday, February 2nd - Election Day**

**Monday, February 15th - President's Day**

### **NEWSLETTER MAILING**

Mark your calendar for Thursday, February 11th from 9:00 a.m. to 12:00 noon. Come and help us collate and fold the March Newsletter.

### 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!**



### **CHURCH TOUR**

**Chicagoland Area - Offered by Viking Travels**

**Tuesday, March 2 - 9:00 a.m. to 5:00 p.m. - Trip Rate 3**

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

Join us as we visit some of Chicago's finest churches on our ever-popular *Church Tour*. Included in the tour is Holy Name Cathedral, Annunciation Cathedral and the Church of the Ascension. Lunch is at **The Parthenon** -a family-style meal consisting of Saganaki, Greek Salad, Moussaka-Layers of eggplant and meat sauce, Athenian Chicken and for Dessert Baklava and Galaktoboureko. So, come and discover the architecture, traditions, culture and treasures that embody the many ethnic communities of Chicago.

### **BALLET FOLKLORICO**

**Fuego Mexican Grill & Auditorium Theatre**

**Sunday, March 14 - 11:15 a.m. to 6:30 p.m. - Trip Rate 2**

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



Let's start this ethnic trip at *Fuego Mexican Grill* and enjoy some traditional dishes. You will start with an Ensalada Margarita - a Mexican Salad with Herradura Orange Vinaigrette Dressing followed by a family-style meal of Roasted Chicken, Grilled Pork Loin served with Mexican Rice and Black Beans. Dessert is Vanilla Tres Leches Cake- a vanilla sponge cake bathed in cream. Then we will enjoy this colorful production of the Ballet Folklórico in Dress Circle seats. In 1952, dancer and choreographer Amalia Hernández created Ballet Folklórico de México to "share the beauty of the universe in motion" through Mexican dances from the Pre-Columbian era, the Hispanic Viceroy period and the popular period of the Revolutionary years. A sure crowd pleaser!



### **CONTEMPORARY CHICAGO TRIP**

**Merchandise Mart and Museum of Contemporary Art**

**Thursday, March 18 - 9:00 a.m. to 5:00 p.m. - Trip Rate 3**

**\$73.00 members/\$78.00 guests**

Our trip will start with a 90-minute professionally guided tour of The Merchandise Mart, Chicago's largest commercial building. The tour includes a historical overview of the 25-story building, co-created by retailer Marshall Field and Co., in 1930 and purchased by Ambassador Joseph Kennedy in 1945. Highlights of the tour include viewing of the show room floors. *Riva's* on Navy Pier is our choice for lunch. Choose ahead of time between **Chicken Breast Picata, Grilled Tilapia or Riva Ribeye Steak**. Each entrée served with Salad, Potatoes, Vegetables, Dessert and Beverage. A final stop at The Museum of Contemporary Art will complete this trip. The museum has outstanding examples of visual art from 1945 to the present with a strong focus on surrealism, minimalism, conceptual photography, and work by Chicago-based artists!

**Day Trip Continues...**



### SUNDAY BRUNCH AND MORE....

**Pheasant Run Resort and Theatre - St Charles**  
**Sunday, March 21 - 11:00 a.m. to 5:00 p.m. - Trip Rate 1**  
**\$75.00 members/\$80.00 guests**

Magnificent displays of culinary delights are the center of attention in a beautiful garden setting. Accompanied by a soothing jazz ensemble, you'll feast your eyes, then fill your plate, with your choice from over 100 brunch specialties, including made-to-order omelets, pasta and waffle stations, salads, spreads, carved meats, cold cuts, smoked salmon, fresh fruits and the list of fabulous fare goes on. Of course, you'll want to save room for dessert. Then you will be treated to the hilarious, touching family comedy -*Over the Tavern*. Set in 1959 in Buffalo, New York at the Pazinski household...let the fun begin!

#### UPCOMING DAY TRIPS

##### **Lifestyles Tour**

**Chicagoland Area - Trip Rate 2**  
**Friday, April 9 - 9:00 a.m. to 4:00 p.m.**  
**\$82.00 members/\$87.00 guests**

##### **Ragtime**

**Drury Lane Oak Brook - Trip Rate 1**  
**Thurs., April 15 - 10:30 a.m. to 5:00 p.m.**  
**\$60.00 members/\$65.00 guests**

##### **Billy Elliot**

**Ford Center and Maggiano's - Trip Rate 3**  
**Wed., April 21 - 10:15 am to 6:00 p.m.**  
**Price: \$86.00 members/\$91.00 guests**

##### **Guys on Ice**

**The Armory, Janesville - Trip Rate 1**  
**Sat., April 24 - 9:30 a.m. to 5:30 p.m.**  
**\$85.00 members/\$90.00 guests**

#### **CLASSES**

##### **BEGINNERS/INTERMEDIATE TAI CHI**

**Thursdays, February 4 - March 25**  
**3:30 p.m. to 5:00 p.m.**

**Instructor: Sylvester Marshall**

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

Learn and review your Tai Chi postures and stances in this class. Newcomers are welcome. Minimum Students: 12

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

**Tuesday, February 16**  
**1:00 p.m. to 4:00 p.m.**

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

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

##### **ZUMBA GOLD**

**Tuesdays, February 16 to April 6**  
**(8 Classes)**

**1:00 p.m. to 2:00 p.m.**

**Instructor: Diane Garvey**

**Location: Golf Maine Park District**  
**Feldman Center, 8800 Kathy Lane, Niles**

**Cost: \$20.00 members/\$25.00 guests**

This exciting exercise class is all the new rage. Designed specifically for the senior population, Zumba Gold fuses Latin rhythms and easy to follow moves to create a great fitness program.

##### **COMPUTER WORKSHOP**

**Monday, February 22**  
**2:00 p.m. to 3:00 p.m.**

**Instructor: Lee Huber**

**Cost: \$10.00 members/\$15.00 guests**

Learn tips and tricks with Microsoft Word, which includes labels and mailing list. Learn how to set up budgets, tables and lists simply and easily in Microsoft Excel. All attendees will receive computer cord organizers.



#### EXTENDED TRIPS 2010

**America's Majestic National Parks**  
**August 23-30, 8 Days**  
**American Classic Tours**



**Cape Cod: A Seaside Holiday**  
**Including Martha's Vineyard,**  
**Nantucket & Boston**  
**September 7-11, 5 Days**  
**American Classic Tours**



**Brown County, Indianan**  
**The Covered Bridges**  
**of Parke County**  
**October 27-29, 3 Days**  
**American Classic Tours**

**For a flyer please call the**  
**MaineStreamers at 1-847-297-2510.**

**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!**

## **"AARP'S DRIVER SAFETY PROGRAM"**

**Mon., Feb. 22 and Wed., Feb. 24  
9:00 a.m. to 1:00 p.m.**

**Instructor: Stanley Fukai, AARP**

**\$12.00 AARP members/\$14.00 non members**

**Check due on the first day - Payable to AARP**

This class updates your knowledge of age-related changes and Rules of the Road. Upon completion, your automobile insurance company will offer a discount.

**Next Class: Mon., April 26 and Wed., April 28.**



## **CANASTA**

**Tuesday, February 23**

**10:00 a.m. to 12:00 p.m.**

**Cost: \$4.00 members/\$6.00 guests**

**Registration Required**

Come and enjoy some fun competition while playing Classic Canasta. You will be assigned a partner at random. Prizes will be awarded. Sweet Rolls and Coffee will be served.

## **BOWLING OUTING**

**Thursday, February 25**

**11:00 a.m. to 2:00 p.m.**

**River-Rand Bowl-191 S. River Rd. D.P.**

**\$17.00 members/\$19.00 guests**

You will enjoy two games of bowling, prizes and a lunch featuring Salad and Pizza. Prizes will be awarded.

## **WOMEN'S TEA**

**Eleanor Roosevelt**

**Thursday, February 25**

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

**Cost: \$3.00 or 3 coupons**

**Registration Required - Refreshments**

Roberta Randall will portray the life of Eleanor Roosevelt from a shy lonely child to a first lady!

## **RECREATIONAL PROGRAMS**

### **B I N G O**

**Thursday, February 4**

**Town Hall, 1700 Ballard, P.R.**

**Friday, February 19**

**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**

**Julie and Julia - PG 13**

**Tuesday, February 16**

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

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

**Popcorn & Soda included**

Julia Childs (Meryl Streep) and Julie Powell find their lives intertwined. Though separated by time and space, both women discover that with the right combination of passion, fearlessness and butter, anything is possible.

### **TWILIGHT DINING**

**Café Zalute**

**9501 Devon Ave., Rosemont**

**Tuesday, February 16**

**5:30 p.m. to 7:00 p.m.**

**Cost: \$34.00 members/\$36.00 guests**

We will start with an appetizer of Baked Caprese. Then you will have a choice of Soup or Salad. Your entrée choices ahead of time are **Shrimp Teresina- Shrimp and Mushrooms sautéed in a rich brandy sauce served over Fettuccini, BBQ Ribs., Char grilled, Blackened or Vesuvio Pork Chops or Tilapia ala Zalute.** Dessert choices are Tiramisu or Bread Pudding.

## **INFORMATIVE PROGRAM**

**SENIOR RESOURCE ALLIANCE PROGRAM**

**Wednesday, February 10**

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

**No Charge - Registration Required**

Senior Resource Alliance will offer a panel discussion on financial planning, senior housing, home health care, reverse mortgages, legal and more....

## **HEALTH PROGRAM**

**BLOOD PRESSURE SCREENING**

**Wednesday, February 3**

**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.

**FEATS OF FITNESS PROGRAM**

**Wednesday, February 10**

**9:00 a.m. to 10:00 a.m.**

**Golf Mill Shopping Center**

Enjoy a talk about St. Valentine followed by a few rounds of "Heart Bingo". Don't forget to join in the walking program.



## **FEBRUARY REGISTRATION FORM**

1. Complete form, sign name and detach entire registration form. If you are signing up another member we must also have their registration form.

Please do not staple or scotch tape checks!

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

Maine Township MaineStreamers (M.T.M.S.)

1700 Ballard Road

Park Ridge, IL 60068

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

Please put me on your e-mail alert list \_\_\_\_\_@\_\_\_\_\_.

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

### **Recreational Activities**

\_\_\_\_\_ Bingo at Town Hall - Thursday, February 4 - \$2.00 or 2 Coupons

\_\_\_\_\_ Bingo at Oakton Arms - Friday, February 19 - \$2.00 or 2 Coupons

\_\_\_\_\_ "Valentine" Luncheon - Tuesday, February 9 - \$15.00 members/\$16.00 guests  
+ \$2.50 FISH

\_\_\_\_\_ Movie of the Month - "*Julie and Julia*" - Tuesday, February 16 - \$2.00 or 2 coupon

\_\_\_\_\_ Twilight Dining - Tuesday, February 16 - \$34.00 members/\$36.00 guests

**Choose entrée:** \_\_\_\_\_ **Shrimp Teresina**, \_\_\_\_\_ **BBQ Ribs**, \_\_\_\_\_ **Pork Chops** or \_\_\_\_\_ **Tilapia**

\_\_\_\_\_ Canasta - Tuesday, February 23 - \$4.00 members/\$6.00 guests

\_\_\_\_\_ Bowling - Thursday, February 25 - \$17.00 members/\$19.00 guests

\_\_\_\_\_ Women's Tea - Thursday, February 25 - \$3.00 or 3 coupons

### **Classes**

\_\_\_\_\_ Tai Chi Class - \$40.00 for 8 classes

\_\_\_\_\_ Card Making - Tuesday, February 16 - \$10.00

\_\_\_\_\_ Zumba Gold - \$20.00 members/\$25.00 guests for 8 classes

\_\_\_\_\_ Computer Workshop - Monday, February 22 - \$10.00 members/\$15.00 guests

\_\_\_\_\_ AARP'S Driver Safety Program - \$12.00 AARP members/\$14.00 non-members\*

*\*Payable on the first day of classes*

### **Informative Program**

\_\_\_\_\_ Senior Resource Alliance - Wednesday, February 10 - 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:

\_\_\_\_\_ "Church Tour" Trip - Tuesday, March 2 - \$69.00 members/\$74.00 guests ☐

\_\_\_\_\_ "Ballet Folklorico" Trip - Sunday, March 14 - \$92.00 members/\$97.00 guests ☐

\_\_\_\_\_ "Contemporary Chicago" - Thurs., March 18 - \$73.00 members/\$78.00 guests ☐

**Choose Entrée:** \_\_\_\_\_ **Chicken Breast Picata**, \_\_\_\_\_ **Grilled Tilapia** or \_\_\_\_\_ **Ribeye Steak**

\_\_\_\_\_ Sunday Brunch and more...Sunday, March 21 - \$75.00 members/\$80.00 guests

**Print Your**

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